

Expedition Kit List

ABOUT THE KIT LIST

This Kit List has been put together as a reference when packing your gear, prior to an expedition. A few pointers from the Warrior Leaders:

- The quantity of each item will depend on how many days you are outside for
- This is a guide only; feel free to add to the list!
- We don't expect you to go and purchase loads of gear, the unit may have some gear you can loan for a period of time
- Don't forget your DofE reward card – 15% off at Cotswold Outdoor stores
- We've added some notes by each item – to help if you get stuck!

EXPEDITION KIT LIST

| Got it | Packed it | Item | Leader Notes |
|--------|-----------|---------------------------------------|---|
| | | Walking boots | Broken in and waterproofed! |
| | | Walking socks | |
| | | T-shirts | |
| | | Thermals | |
| | | Fleece tops or similar | |
| | | 2 walking trousers (warm, NOT jeans) | |
| | | Underwear | |
| | | Nightwear | |
| | | Trainers (optional for campsite use) | |
| | | Warm hat &/or sunhat (as appropriate) | |
| | | 1 pair gloves (if appropriate) | |
| | | Sunblock (if appropriate) | |
| | | Gaiters (optional) | Help keep your footwear and lower legs dry in long grass! |
| | | Waterproof over-trousers | In case of sudden downpour! |
| | | Jacket/coat (waterproof & windproof) | |
| | | Sunglasses (we hope!) | |

PERSONAL KIT

| Got it | Packed it | Item | Leader Notes |
|--------|-----------|---|---|
| | | Rucksack | 55 – 80l, Padded Waist and adjustable shoulder straps |
| | | Rucksack liner (or strong plastic bags) | To help keep the contents dry! |
| | | Sleeping mat | Lightweight airbed or foam roll mat |
| | | Sleeping bag | |
| | | Survival bag | Safety kit |
| | | Small quantity of money (optional) | |
| | | Notebook & pen/pencil | For making notes around your Expedition aim |
| | | Watch | To keep track of your progress and walking speed |
| | | Whistle | Emergency purposes only |
| | | Torch (and spare batteries) | Head torches help keep your hands free! |
| | | Personal first aid kit | Inc blister plasters |
| | | Small pocket knife/pocket tool | |
| | | Wash kit/Personal Hygiene items | Borrow hotel shampoos to save taking a full bottle |
| | | Towel | Microfiber towels are ideal, very lightweight! |
| | | Insect repellent | |

CATERING

| Got it | Packed it | Item | Leader Notes |
|--------|-----------|---|--|
| | | Emergency food rations | Fast release energy food |
| | | Water bottle (1-2 Litres) or Hydration pack | |
| | | Knife, fork, spoon | Or a spork! |
| | | Plate/bowl | Can be swapped with army style 'mess tins' |

| | | | |
|--|--|--|---|
| | | Mug | Drinking mugs can be converted into handy measures by scratching a few lines in the right place |
| | | Box of matches (in waterproof container) | |
| | | Breakfast/Lunch/Dinner Food | Choose food you like! Food is both energy for physical endurance and team morale! |

GROUP KIT (to be carried between the team)

| Got it | Packed it | Item | Leader Notes |
|--------|-----------|---------------------------------|---|
| | | Tent | Unit tents available, 2 men (can be split down to help spread the weight further) |
| | | Camping stove | |
| | | Camping stove fuel | |
| | | Cooking pans | |
| | | Scourers | |
| | | Tea towels | |
| | | Plastic bags (for rubbish etc.) | Keep the weight and litter down by removing food packaging and cooking as a team |
| | | OS Maps and Route Plans | |
| | | Compass | |
| | | Map case | |
| | | Camera (optional) | To help you capture special moments! |