

1 Day Expedition

- **Personal kit**

- **Rucksack**

- Water Proof Jacket
- Water Proof Trousers
- Watch
- Hat
- Gloves
- Torch (small and light weight)
- Plastic Bag Survival Bag
- Sun cream (small bottle if hot)
- Water bottle (Bladder styles are best)
- Food (enough for 1 days)
- Spare cloths in water proof bag
 - Socks
 - Fleece Mid layer
 - Thermal Trousers or
 - Trackster style Trousers

- **Kit you will be walking in**

- Trousers, Quick drying, NOT JEANS
- Thin Fleece Layer
- Thermal layer
- Boots
- Socks

- **Group Kit**

- **Provided in necessary**

- **Map Case**
 - Map
 - Route Cards
 - Contact numbers
- **Compass**
- **Whistle**

- **Mobile phone in sealed bag**

- **Note paper + pencil**

- **Purification tablets**

- **2x first aid kits**

- **Plasters**
- **Bandage**
- **Scissors**
- **Tape**
- **Safety pins**
- **Money for emergency calls**
- **Disposable Gloves**
- **Emergency Rations (High energy food you wouldn't be tempted to eat)**

2 Day Expedition

- **Personal kit**

- **Rucksack**

- Sleeping bag in water proof bag
- Sleeping Mat
- Water Proof Jacket
- Water Proof Trousers
- Watch
- Hat
- Gloves
- Torch (small and light weight)
- Plastic Bag Survival Bag
- Tooth Brush
- Tooth Paste (share if pos.)
- Sun cream (small bottle)
- Water bottle (Bladder styles are best)
- Food (enough for 2 days)
- Bowl or plate, spoon + knife
- Spare cloths in water proof bag
 - Socks
 - Thermal Base Layer
 - Fleece Mid layer
 - Thermal Trousers or
 - Trackster style Trousers

- **Kit you will be walking in**

- Trousers, Quick drying, NOT JEANS
- Thin Fleece Layer
- Thermal layer
- Boots
- Socks

- **Group Kit**

- **Provided in necessary**

- **Map Case**

- Map
- Route Cards
- Contact numbers

- **Compass**

- **Whistle**

- **Tent**

- **Stove & fuel**

- **Pan Cleaning Stuff**

- **Mobile phone in sealed bag**

- **Food**

- 1x Eve meal (dehydrated)
- 1x Breakfast (dehydrated)

- **Toilet Roll**

- **Note paper + pencil**

- **Purification tablets**

- **2x first aid kits**

- **Plasters**

- **Bandage**

- **Scissors**

- **Tape**

- **Safety pins**

- **Money for emergency calls**

- **Disposable Gloves**

- **Emergency Rations (High energy food you wouldn't be tempted to eat)**

3 Day Expedition

- **Personal kit**

- **Rucksack**

- Sleeping bag in water proof bag
- Sleeping Mat
- Water Proof Jacket
- Water Proof Trousers
- Watch
- Hat
- Gloves
- Torch (small and light weight)
- Plastic Bag Survival Bag
- Tooth Brush
- Tooth Paste (share if pos.)
- Sun cream (small bottle)
- Water bottle (Bladder styles are best)
- Food (enough for 3 days)
- Bowl or plate, spoon + knife
- Spare cloths in water proof bag
 - Socks
 - Thermal Base Layer
 - Fleece Mid layer
 - Thermal Trousers or
 - Trackster style Trousers

- **Kit you will be walking in**

- Trousers, Quick drying, NOT JEANS
- Thin Fleece Layer
- Thermal layer
- Boots
- Socks

- **Group Kit**

- **Provided in necessary**

- **Map Case**
 - Map
 - Route Cards
 - Contact numbers
- Compass
- Whistle
- Tent
- Stove & fuel

- **Pan Cleaning Stuff**

- **Mobile phone in sealed bag**

- **Food**

- 2x Eve meal (dehydrated)
- 2x Breakfast (dehydrated)

- **Toilet Roll**

- **Note paper + pencil**

- **Purification tablets**

- **2x first aid kits**

- Plasters
- Bandage
- Scissors
- Tape
- Safety pins
- Money for emergency calls
- Disposable Gloves
- Emergency Rations (High energy food you wouldn't be tempted to eat)

4 Day Expedition

- **Personal kit**

- **Rucksack**

- Sleeping bag in water proof bag
- Sleeping Mat
- Water Proof Jacket
- Water Proof Trousers
- Watch
- Hat
- Gloves
- Torch (small and light weight)
- Plastic Bag Survival Bag
- Tooth Brush
- Tooth Paste (share if pos.)
- Sun cream (small bottle)
- Water bottle (Bladder styles are best)
- Food (enough for 4 days)
- Bowl or plate, spoon + knife
- Spare cloths in water proof bag
 - Socks
 - Thermal Base Layer
 - Fleece Mid layer
 - Thermal Trousers or
 - Trackster style Trousers

- **Kit you will be walking in**

- Trousers, Quick drying, NOT JEANS
- Thin Fleece Layer
- Thermal layer
- Boots
- Socks

- **Group Kit**

- **Provided in necessary**

- **Map Case**
 - Map
 - Route Cards
 - Contact numbers
- Compass
- Whistle
- Tent
- Stove & fuel

- **Pan Cleaning Stuff**

- **Mobile phone in sealed bag**

- **Food**

- 3x Eve meal (dehydrated)
- 3x Breakfast (dehydrated)

- **Toilet Roll**

- **Note paper + pencil**

- **Purification tablets**

- **2x first aid kits**

- Plasters
- Bandage
- Scissors
- Tape
- Safety pins
- Money for emergency calls
- Disposable Gloves
- Emergency Rations (High energy food you wouldn't be tempted to eat)