

## Walking Expedition Kit List

### CLOTHING

Got it	Packed it	Item Needed
		<b>1 pair of walking trainers / boots</b>
		<b>2 pairs of warm socks</b>
		<b>2-3 t-shirts</b> (synthetic tech t-shirts are ideal)
		<b>Thermal long-sleeved t-shirt</b> (if it's likely to be cold)
		<b>1 warm fleece top or similar</b>
		<b>1 pair of trousers suitable for hill walking</b>
		<b>Underwear</b>
		<b>Nightwear</b>
		<b>Warm hat &amp; / or sun hat</b> (as appropriate)
		<b>1 pair warm gloves</b> (as appropriate)
		<b>Waterproof jacket with hood</b>
		<b>Waterproof trousers</b>

### PERSONAL KIT

Got it	Packed it	Item Needed
		<b>Sun glasses</b>
		<b>Sleeping bag</b>
		<b>Torch</b> (Handheld or head torch and spare batteries)
		<b>Personal first aid kit / medication</b>
		<b>Water bottles</b> (to hold 2 litres of water)
		<b>Wash Kit / personal hygiene items</b> (some items can be shared as group)
		<b>Digital watch with stopwatch</b>
		<b>Notebook and pen / pencil</b>
		<b>Expedition Food</b> (Exped Meals (excluding lunch) can be provided for you, please ask us for a quote.)
		<b>Survival Bag</b>
		<b>Sunblock</b>
		<b>Midge repellent</b>
		<b>Midge Head Net</b>
<b>Provided by Active</b>		
		<b>Sleeping Mat</b>



THE DUKE OF  
EDINBURGH'S AWARD



**GROUP KIT (to carry between the team)**

Got it	Packed it	Item Needed
		Scourers (to clean pans)
		Tea Towel
		Plastic Bags (for Rubbish etc)
		Camera
		Wash Kit / personal hygiene items (some items can be shared as group)
		Tick Remover (location dependent – ask supervisor)
		Mobile phone (fully charged and switched off for emergency use)
		Camera (optional)
<b>Provided by Active</b>		
		Stove(s) & Gas
		Cooking pans
		Lighter
		Cutlery & mugs
		Tent
		Toilet paper
		Expedition trowel
		Maps
		Compass
		Group first aid kit
		Expedition Ruck Sack