

## SUP Expedition Kit List

### CLOTHING

Got it	Packed it	Item Needed
		<b>1 pair of water shoes or trainers</b> (that you don't mind getting wet)
		<b>2 pair of warm socks</b>
		<b>1 pair neoprene socks</b> (optional)
		<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>2 warm fleece tops or similar</b>
		<b>2 trousers</b> (practical trousers for being active, NOT jeans)
		<b>Underwear</b>
		<b>Nightwear</b>
		<b>Trainers/sandals/sliders</b> (optional, for campsite use)
		<b>Warm hat &amp;/ or Sunhat</b> (as appropriate)
		<b>1 pair gloves</b> (as appropriate)
		<b>1 pair shorts</b> (as appropriate)
		<b>Waterproof Jacket with hood</b>
		<b>Waterproof Trouser</b>
<b>Provided by Active</b>		
		<b>Wetsuit long johns</b>
		<b>Windproof / waterproof Cag</b>

### PERSONAL KIT

Got it	Packed it	Item Needed
		<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>
		<b>Wash Kit / personal hygiene items</b> (some items can be shared as group)
		<b>Towel</b>
		<b>Watch</b>
		<b>Notebook and pen / pencil</b>
		<b>Expedition Food</b>
		<b>Survival Bag</b> (optional)
		<b>Sunblock</b>
		<b>Midge repellent</b>
		<b>Midge Head Net</b>
<b>Provided by Active</b>		
		<b>2 x 30 litre dry bags</b>
		<b>Sleeping Mat</b>

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

Got it	Packed it	Item Needed
		<b>Scourers</b> (to clean pans)
		<b>Tea Towel</b>
		<b>Food</b> (lightweight and including snacks)
		<b>Plastic Bags</b> (for Rubbish etc)
		<b>Tick Remover</b> (location dependent – ask supervisor)
		<b>Mobile phone</b> (fully charged and switched off for emergency use)
Provided by Active		
		<b>Stove(s) &amp; Gas</b>
		<b>Lighter</b>
		<b>Cooking pans</b>
		<b>Cutlery &amp; mugs</b>
		<b>Tent</b>
		<b>Toilet paper</b>
		<b>Camping Trowel</b>
		<b>Maps</b>
		<b>Compass</b>
		<b>Group First Aid Kit</b>
		<b>SUPs</b>
		<b>SUP Paddles</b>
		<b>Buoyancy Aids</b>