

Silver Expedition Kit List

This is to be used as a guide only.

Provided by Pupil

Personal Clothing	Number	Notes
Boots / walking trainers	1	Ankle supporting preferable
Walking Socks	2	Good quality
Trousers	2	Quick drying, no jeans
Thermal t-shirt / long sleeved top	2	Wicking material, non cotton
Fleece / warm jumper	1	
Hat – warm/cool	1	Weather dependent
Gloves	1	
Underwear		
Nightwear	1	

Personal Items		
Head torch and spare batteries	1	LED type recommended
Small wash kit	1	Toothbrush & toothpaste, wet wipes
Watch	1	
Personal medication	Please inform supervisor	
Small First Aid Kit	Plasters, blister pads etc.	
Sun cream	If appropriate	
Small amount of comfort food	Chocolate, biscuits, sweets etc.	

Provided by School

You may choose to use your own equipment if you wish, as long as the expedition supervisor has approved it.

Personal Items –		
Waterproof Jacket	1	
Waterproof Over-trousers	1	
Rucksack	1	
Waterproof rucksack liner	1	50 litre
Survival Bag	1	
Sleeping Bag	1	3 season
Sleeping Mat	1	
Cutlery	1 set	
Mug	1	

Group Kit – To carry between the team	
Tents	2/3 man tents
Stoves & Gas	Trangias – 1 between 2/3 people
Scourer	
Maps & Map cases	1:25000
Compass	
First Aid Kit	
Trowel	

Expedition Food
The school will provide all expedition meals needed for the three days. Pupils may wish to supplement this with some of their favourite snacks.