

# Suggested Expedition Checklist

## Personal Emergency Equipment (must be carried by each individual)

- Watch
- Torch(spare bulb and batteries)
- Whistle
- Coins/card for telephone
- Notebook and pen and pencil
- Wool jumper/fleece
- Waterproof Jacket/Trousers
- Water bottle
- Expedition safety card from entrance pack
- Warm hat and gloves
- Emergency rations

**It is stressed that this is a suggested list only and other equipment may need to be carried. It is up to the individual to ensure that they have all the necessary equipment for the task in hand.  
This list is for guidance only.**

## Personal Camping Equipment

- Large rucksack (approx. 55 – 65 litre) ✓
- Strong large plastic bags to line rucksack (garden refuse bags are best)
- Sleeping Bag
- Sleeping Mat (roll mat) ✓
- Small sum of money (optional)
- Knife, fork & spoon
- Small pocket knife
- Plate, Bowl (optional)
- Mug
- Basic wash kit
- Toilet paper
- Camera and film (optional)

## Clothing

- Boots (broken in)
- Socks
- T-shirt
- Sweater
- Trousers (NOT JEANS)
- Underwear
- Sunscreen and sun hat
- Gaiters (optional)
- 1 spare set of clothing
- Flip Flops

## Group Equipment

- Mobile telephone (in a sealed envelope, switched off and fully charged)
- Map x2✓
- Compass x2✓
- Survival bag✓
- First Aid Kit
- Tents✓
- Stoves✓
- Matches/lighter
- Cooking pots/or equivalent✓
- Soap pads/sponge with abrasive pad
- Washing up liquid
- Food (small and lightweight)
- Route cards
- Map cases
- Plastic bags (for rubbish etc)

Items marked ✓ can be provided by the school.