

CLOTHING - The suggested quantities include the ones you arrive wearing!

Item needed	No.	Specific items we recommend	Got	Packed
Walking boots (well broken in)	1			
Walking socks	2 pairs			
Sock liners/thin socks	1/day	Normal everyday socks!		
Waterproof coat	1	Craghoppers / Trespass / Peter Storm / Berghaus		
Waterproof over-trousers	1			
Fleece/similar tops	2			
T-shirts	2-3	Not cotton, thermal optional		
Walking trousers/leggings (warm)	2 pairs	Craghoppers - NOT jeans		
Shorts (weather dependent)	1 pair	NOT denim		
Underwear	1/day!	Really not my business!		
Nightwear	1			
Warm hat and/or sun hat	1			

PERSONAL KIT - In a hiking rucksack

Item needed	No.	Specific items we recommend	Got	Packed
Rucksack liner	1			
Sleeping bag	1	3 or 4 seasons, lightweight/small		
Sleeping mat	1			
Torch & spare batteries	1	Head torch		
Water bottles	2	You must have at least 2 litres of water		
Plate/bowl, mug, cutlery		Camp-a-box		
Box of matches in waterproof box				
Wash kit & sanitary items		Discuss as a team - could you share some items?		
Microfibre towel				
Watch - NOT smart				
Plastic bag (for rubbish, etc.)				
Tissues	2+ packs			
Survival bag (aka bivvy bag)	1			
First Aid kit (as small as possible) <i>See list of required contents</i>	1 each	Lifesystems Trek first aid kit MUST contain: Gloves, conforming bandage, safety pins, triangular bandage, antiseptic wipes, scissors, micropore tape, dressings, plasters, blister plasters, whistle		
Medical items		Prescription medicines, paracetamol/similar		
Wild wee kit!		Taped sandwich bag, tissues, poncho, (Shewee?)		
Health form in a plastic bag		MUST have two different emergency contacts		

GROUP KIT - You need to decide in advance who's bringing what

Item needed	No.	Who is bringing it	Got	Packed
Duct/gaffer tape	1			
Scourer & tea towels	2			
Notebook & pen/pencil	2			
Spare boot laces	1			
Foil blankets	2			
Medical items: Antihistamine cream, sun cream, aftersun, insect repellent, burn gel				
Project resources				
Evening activities				

PROVIDED KIT - You need to decide in advance who's carrying what (the Ranger unit provides these items)

Item needed	No.	Who is carrying it	Got	Packed
Tent(s)	1-2			
Camping stoves & pans	1-2			
Camping stove fuel	2-3			
Maps, cases, route cards, compasses	1/ea			
Rucksack covers	1/ea			
Tick remover (location dependent)	1			
Camera, emergency phone, tracker	1			

FOOD

Item	No.	Specific items we recommend	Got	Packed
Meals		See menu below		
Snacks	4/day	See menu below		
Emergency rations		Cereal bars, chocolate, Pepperami Something you won't be tempted to snack on, but that will fill you up/keep you going in the unlikely event that you get stranded! Pack it separately to your other food/snacks.		

OPTIONAL EXTRAS

Item	No.	Specific items we recommend	Got	Packed
Head/neck scarf or buff				
Warm gloves				
Flip flops/sandals (for campsite)				
Sleeping bag liner		If you get cold at night, get a silk one		
Sunglasses				

OUR MENU - Make sure you know which items you are bringing!

	Breakfast	Lunch	Dinner	Supper	Snacks
Day 1					<p>You will probably have about 4 breaks a day and will probably want a small snack at each one - hiking is hard work!</p> <p>Ideal snacks are cereal bars, flapjacks, dried fruit, nuts, chocolate, sweets, Kendal mint cake, fruit/veg sticks, Fridge Raiders.</p> <p>Some people find it helpful to pack them in separate sandwich bags for each day so they spread them out across their expedition!</p>
Day 2					
Day 3					
Day 4					

IMPORTANT

- There is no need to wear Guiding/blue clothes on your expedition
- **Mobile phones are NOT allowed.** The DofE expedition rules state that 'DofE expeditions are about solitude and independence', so if you are found to have taken a mobile phone with you, **you and your team will not pass!!** (An emergency phone and a camera will be provided)
- Your packed rucksack should weigh less than 25% of your bodyweight, to reduce the risk of injury