

EXPEDITION KIT LIST

Item	Already have?	Borrow?	Buy?
Clothing			
Walking boots (broken in)		See Mrs Riley if need	
Walking socks x2 pairs			
Socks for evening x1 pair			
Waterproof & windproof jacket		See Mrs Riley if need	
Waterproof overtrousers		See Mrs Riley if need	
Fleece tops or similar x1			
T-shirts/base layers x2			
Walking trousers/leggings x1			
Underwear			
Pyjamas			
Warm gloves (optional)			
Wooley hat/sun hat (optional)			
Flip flops/sliders/trainers for camp (optional)			
Personal kit			
Rucksack (65L approx.)		See Mrs Riley if need	
Rucksack liner (or 2 strong plastic bags)			
Sleeping bag (as light as possible)		See Mrs Riley if need	
Sleeping mat		See Mrs Riley if need	
Torch/headtorch & batteries			
Camping pillow (optional)			
Personal first aid kit (inc. personal medication and bug bite product/insect repellent)			
Food (packed lunch x 2, dinner x 1, breakfast x 1)			
Water bottle (at least 1 litre)		See Mrs Riley if need	
Plate/bowl/mug		See Mrs Riley if need	
Cutlery		See Mrs Riley if need	
Wrist watch			
Toiletries/personal hygiene items (some could be shared as a group)			
Group kit			
Tent		GOTC will provide	
Camping stove (Trangia)		GOTC will provide	
Camping stove fuel		GOTC will provide	
Compass		GOTC will provide	
Maps		GOTC will provide	
Box of matches (in waterproof container)			
Brillo pad / wire wool			
Tea towel			
Plastic bags (for rubbish/wet kit)			

* There are toilets and toilet roll at the campsite but in case you need a 'wild wee' whilst walking, you may want to bring a small personal supply of toilet paper with you.