

Expedition Kit List

check	
	*walking boots (with ankle support and good sole grip)
	*walking socks (consider liner socks)
	loose fitting walking trousers (1 always spare in DRYBAG)
	underwear
	T shirts (not cotton-1 always spare in DRYBAG)
	pullover or fleece (not cotton-1 always spare in DRYBAG)
	waterproof and windproof jacket (taped seams)
	waterproof over-trousers
	warm hat (dafter the better),gloves
	sunhat /bandana
	*rucksack (65litre minimum)
	*sleeping mat
	2 x 1 litre bottle
	*sleeping bag (3 season preferred)
	*torch (preferably head torch)+ spare batteries
	*drybag heavy duty gardening sacks/ rucksack liners
	spoon, bowl
	whistle
	sun block
	waterproof matches (keep in DRYBAG)
	watch(essential for judging distance)
	Pan scourer/soap
	*Personal First-Aid Kit (Keep in DRYBAG)
	sufficient personal medication as per medical form

CAN BE DOWNLOADED FROM www.resilienceeducation.co.uk/kit-advice

***Durable items recommended by us can be purchased for your convenience from Resilience Residential Ltd go to <http://resilienceeducation.co.uk/store>**