



EXPEDITION KIT LIST

CLIENTS ARE REMINDED THAT FAILURE TO BRING THE CORRECT EQUIPMENT TO AN ACTIVITY COULD RESULT IN THE CANCELLATION OF THEIR PARTICIPATION.

CLOTHING

- STURDY, WATERPROOF WALKING BOOTS/ WALKING SHOES
- LIGHTWEIGHT TREKKING TROUSERS OR TRACKSUIT BOTTOMS (**NOT JEANS OR COTTON TROUSERS**)
- WARM BASE LAYER TROUSERS AND TOP (**NO COTTON TSHIRTS**) (OPTIONAL IN WARMER CONDITIONS)
- A WARM MID LAYER FLEECE OR JUMPER (**NO COTTON HOODIES**)
- WATERPROOF JACKET AND TROUSERS (EVEN WHEN ITS NOT RAINING)
- WARM HAT
- GLOVES
- SPARE WARM LAYER
- NECK SCARF/BUFF (OPTIONAL)
- WARM CLOTHES TO SLEEP IN
- SPARE SOCKS

OVERNIGHT EQUIPMENT

- TENT
- SLEEPING BAG
- ROLL MAT
- STOVE WITH RELEVANT GAS CANISTER
- LIGHTER/ WATERPROOF MATCHES
- COOKING POT
- CUTTLERY

- EATING BOWL
- WATERPROOF SURVIVAL BAG

OTHER EQUIPMENT

60LTR EXPEDITION BAG WITH WATERPROOF LINER (WATERPROOF SURVIVAL BAG)

2LTR WATER BOTTLE (OR 2 1LTR BOTTLES)

PACKED LUNCH

ENERGY RICH SNACKS

HEADTORCH AND SPARE BATTERIES

WET WIPES (OPTIONAL)

SUNGLASSES (OPTIONAL)