


Please note: if it's on the list, **you won't be allowed on the expedition** if you don't have it.

Personal:

- Clothes to wear on day one, including a jumper (no jeans)
- Walking boots (that fit, that you have already worn-in)
- Waterproof jacket and waterproof trousers **
- One complete change of clothes: 

So you can sleep in dry clothes and then wear them the next day

 - Undies
 - Socks
 - T-shirt
 - Trousers (not jeans)
 - Jumper
- 2 or 3 season sleeping bag **
- Roll/sleeping mat **
- Bin bags to keep things dry (at least 3)
- 50-65 litre rucksack **
- Water bottle (1.5l minimum – or two smaller ones)
- Snack food **that will give you energy**
- Tin mug, spoon/fork for eating supper/breakfast
- Torch/head torch with fresh batteries **
- Blister plasters, and or moleskin tape
- Toilet roll (flattened), nappy bags/dog poo bags (for used toilet paper/sanitary towels), sanitary towels/tampons if needed
- Basic toiletries: toothbrush, toothpaste, face cloth, hand towel/microfiber towel, soap
- EMERGENCY ration (to be saved for an emergency!)

** items which some students have opted to hire and which will be delivered to school, for collection by students, on Wednesday 3rd May

Shared:

- Tent (+ tent pegs + poles)*
 - Wristwatch
 - Food **for 2 days**, including a hot meal on day one
 - Stove and fuel*
 - Matches (in waterproof bag)
 - Laminated map*
 - Compass*
 - One mobile phone, for emergencies, fully charged
 - Group first aid kit*
- * will be provided by us

Other (depending on circumstances):

- Personal medication (remember: **if you need an epipen/inhaler bring two**: one for your personal rucksack, one for the leaders to look after)
- Woolly hat, gloves
- Sun cream, sun hat