

# KIT LIST FOR THE EXPEDITION

<b>PROVIDED BY SCHOOL</b>	<b>NEED TO PROVIDE YOURSELF</b>
MAPS	WALKING BOOTS (BROKEN IN) from blacks or millets etc.
COMPASS	THICK SOCKS
MAP CASE	TEE SHIRT
WATERPROOF TOP	SWEATER
WATERPROOF BOTTOM	TROUSERS (not jeans)
SLEEPING MAT	UNDERWEAR
RUCKSACK	SUN HAT
STOVE AND PANS	SPARE CLOTHING IN A SEALED <u>PLASTIC BAG</u>
FUEL	WARM CLOTHING INCLUDING HAT AND GLOVES
TENT for three people	WATCH
	WHISTLE
	COINS FOR TELEPHONE
	EMERGENCY FOOD RATIONS (nuts, chocolate high energy bars etc.) IN A SEALED BAG
<b>Group equipment to be provided by group</b>	MATCHES IN A WATERPROOF CONTAINER
FIRST AID KIT. To include Plasters, Triangle bandage crape Bandage, pain killers, blister packs medical tape	<u>STRONG PLASTIC BAG TO LINE RUCKSACK</u>
SUN CREAM	<u>SLEEPING BAG IN A SEALED PLASTIC BAG</u>
WASHING UP LIQUID AND SCOURER	SMALL SOME OF MONEY (optional)
PACK OF PLAYING CARDS (optional)	knife, fork and spoon
CAMERA (optional)	
PLASTIC BAGS FOR RUBISH ETC.	PLATE/BOWL
NOTEPAD AND PENCIL	MUG
	WASHING KIT INCLUDING TOILET PAPER (not full roll)
	ENOUGH FOOD FOR LENGTH OF TRIP (nothing heavy eg tins etc) DRYED FOOD IS BEST