

## **Kit List**

### **Clothing**

Walking boots with ankle support  
2 x Cotton T Shirt or Breathable T Shirts  
2 x Fleeeces/Micro no woollen jumpers  
Walking trousers minimum 2 pairs (**Note no denim Jeans or shorts or jeggings**)  
Walking socks or thick socks  
Waterproof jacket with attached hood (**No Pakamac not suitable on gold level**)  
Water proof trousers (these are trousers to go over your walking trousers to keep you dry)  
Woolly hat,  
Sun hat and sun glasses  
Gloves  
Gaiters (Optional)

### **Emergency**

Survival bag  
Whistle  
Pencil and notebook  
Small First Aid kit and this should contain personal items as well. (Please inform us if this has been prescribed by a doctor)  
Mobile phones are only allowed to be used as an emergency item and should be sealed in a bag.  
Torch and spare batteries  
Water bottle 2ltr or hydration bag, no plastic bought water bottles  
Dry matches and a lighter as back up  
Watch, two per group at minimum

**Food (Only bring your emergency rations on the day of expedition, you will need to produce a menu for your expedition Assessor to show your other food)**

Emergency Rations this should contain a powdered drink, a meal and some snack i.e. chocolate etc (Needed if stranded for up to 8 hours, this is not to be eaten until the end of the expedition)

### **Camping Equipment**

Rucksack 65 litres + (this is the minimum size you can have)  
A sleeping bag, (the warmer the better as temperatures drop, you can also bring a liner)  
Sleeping mat in a rubble bag  
Cutlery, mug, plate, etc (plastic not glass)  
Hygiene wash gear  
Trowel (Lightweight and foldable if possible)

### **GROUP**

Tent, inner, outer, poles, pegs (**S**)  
Trangia stoves (**S**) – **ONLY SELF-SEALING GAS OR TRANGIA STYLE STOVES**  
Fuel bottle if using methalattted spirits we will supply (**S**)  
Washing up equipment  
Old tea towel  
Spare plastic bags (for rubbish etc)  
A small travel alarm clock (to make sure your group wakes up at the right time)  
Sun cream (**Bottle per group at least**)  
Water Purification Tablets (**A couple of packs per group**)

**Edofe profiles online are also required to be up to date for the assessor and leader to see, before you are eligible to take part in the expedition.**

**All equipment should be inside a rucksack liner or a rubble bag and inside that should be items in groups wrapped and sealed using rubble bags/freezer bags or dry sacks.**

**Your bag must be packed as it would be on the day of the expedition even for your practice.**

**(S) Supplied if booked with leader.** All can be purchased from Outback Trading in Helston or any other outdoor company i.e. Cotswold Outdoor stores. A discount will be given on all non-sale items.