

Number	Item	Essential/optional	Tips
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Clothing

1 pair	Walking boots	Essential	High ankle, good tread. If you're going to spend money anywhere, boots and jacket are probably best. No wellies, no trainers.
3 pairs	Walking socks	Essential	Any thick socks will do, be mindful of socks with strong seams, this might cause rubbing and blisters.
1	Waterproof/windproof jacket	Essential	If you're going to spend money anywhere boots and jacket are probably best. Keep this as thin as possible, a layering approach is best.
1 pair	Waterproof overtrousers	Essential	Cheap ones do just as good a job as expensive ones, and you may not even need them if the weather is good.
2	Mid-layer/fleece	Essential	One to walk in, and one for the campsite if the walking one gets wet. This needs to be something comfortable to walk in, not too thin or thick.
2 or 3	Base layer - T shirt	Essential	This needs to be a football shirt-like material, this aids in drawing sweat away from your body. Be cautious of badges/logos that might cause chafing.
2	Walking trousers	Essential	If no walking trousers are owned, a tracksuit bottom is okay. But this absolutely must be a thin, easily drying material, not thick cotton tracksuit type.
3	Underwear	Essential	Again, be careful of seams that might cause rubbing.
1	Nightwear	Optional	For me, this is added weight to carry, I would advise sleeping in your camp clothes.
1	Flipflops/sliders	Optional	I think there's nothing better than getting your boots off at the campsite, choose low weight option over fashion though!
1	Hat	Essential	Depending on the weather closer to the time, either a cap or warm hat, whichever is most appropriate. Maybe both.
1 pair	Gloves	Optional	Again, very weather dependant at the time.
1 pair	Gaiters	Optional	Gaiters, if you don't know, are things that you strap to your boots and legs to keep you dry knee-down. From experience, unless you're prepared to stop for 10 mins for the team to put them on, they will likely stay in your bag.

Personal Equipment

1	Rucksack	Essential	Around 65 litres is about right. I find having a slightly smaller bag stops me taking unnecessary items!
1	Rucksack liner	Essential	Doesn't have to be fancy, strong bin liners do a great job. Keeping kit dry if it's throwing it down is essential.
1	Sleeping bag	Essential	2 season sleeping bag will be just fine. This is a matter of preference, if you know you get cold at night, bring a thicker bag, it's all about compromise weight vs comfort.
1	Sleeping mat	Essential	Either a foam 'roll mat' or an inflatable option. This can easily range from £10 to hundreds. None are a four-poster bed. It's function is to create an air gap between the cold ground and your body. YOGA MATS UNACCEPTABLE as they are too thin and will not provide adequate insulation.
1	Whistle	Essential	Most rucksacks have one built into the chest strap these days.
1	Torch and batteries	Essential	Head torches are best, but not essential, any small, light torch will do I'm confident there will be some cheap head torches available on the likes of Amazon.
1	Personal first aid kit	Essential	Group first aid kits can be provided, this is more for medication/inhalers and the like.
	Food	Essential	Enough food to last the trip, we are running a session on the training day to discuss the best types of food to bring.
Minimum 1	Water bottle	Essential	At least 2 litres in total, whether that is in a hydration pack, with a tube to drink from, or 4x 500ml bottles.
1	Cutlery	Essential	If all your meals only need a spoon, only bring a spoon!
1	Plate/bowl	Optional	If your meals are 'eat out of the bag' this is not essential. If you need one, bring a small, non-breakable plate or bowl.
1	Mug	Essential	Whether this is a plastic mug or a travel mug with a lid, always good to have a warm drink if it's cold.
1	Wash kit	Essential	It is unlikely that a full shower is on the cards, but a small 'sink-wash' and the kit to do so, including teeth cleaning.
1	Sunblock	Essential	Even if it's overcast, it's easy to get burnt due to high exposure. This could be carried as team, rather than bring a full bottle each.
1	Towel	Essential	The smallest and lightest towel you have available.
	Money	Optional	You aren't allowed to buy anything on your expedition. If you're caught doing so, that's the end of your expedition. But if you wanted to get something after we finish, that's okay.
1	Watch	Optional	As long as there are two watches in the team.

Group kit

1	Tent	Essential	PROVIDED To be carried amongst the team.
1	Stove	Essential	PROVIDED To be carried amongst the team.
1	Stove fuel	Essential	PROVIDED To be carried amongst the team.
1	Scourer	Essential	To clean pots and pans.
2	Rubbish bags	Essential	Between the team, not two each.
1 pack	Tissues	Essential	Just in case...