

## EXPEDITION KIT LIST – PERSONAL EQUIPMENT – BRONZE AWARD

Amended – April 2024

QTY	ITEM	NOTES
1	Walking boots (broken in)	
2	Pairs of walking socks	Ideally woollen
2	T-shirts (as appropriate)	Ideally wicking, not cotton
1	Fleece top / warm jumper	
1	Walking trousers / leggings	No jeans
2	Underwear (as appropriate)	
1	Night wear (as appropriate)	
1	Warm hat (beanie) / sunhat	Sunglasses are also recommended
1	Warm gloves	
1	Waterproof jacket	Breathable and with taped seams
1	Waterproof Over trousers	Breathable and with taped seams
1	Expedition rucksack	Approx 65 – 75 litres
1	Rucksack waterproof liner	Or 2 x heavy duty rubble sacks / heavy bin liners
1	Sleeping bag	Season appropriate for the time of year
1	Sleeping mat	Roll mat or self inflating mat
1	Torch	With spare batteries – Head torches are ideal!
1	Personal First Aid Kit	Personal medication (inhalers / epipens etc)
Various	Expedition food	'Boil in the bag' and high energy snacks
1 or 2	Water bottles	To hold up to 2 litres of water
1	Mug and Cutlery	'Sporks' are ideal
1	Box of matches	Long matches preferred for lighting gas stoves
1	Wash Kit / Small pack towel	Keep to the minimum and include toilet paper!!
1	Mobile Phone	For emergency use only – Keep fully charged
1	Spare glasses / contact lenses	If applicable
1	Sun cream and Insect repellent	Ideally Factor 50!
1	Small Hand Sanitizer	

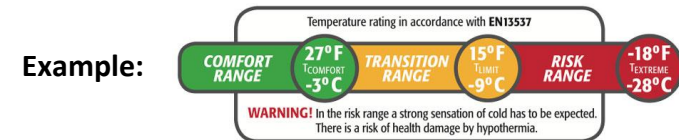
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QTY	ITEM	NOTES
Various	Expedition Tents	Supplied
Min 2	Stoves + adequate gas	Ideally Trangia with gas – Supplied
1	Cleaning kit for stoves	Scourers, washing up liquid and tea towel
1 per 2	Maps of the expedition area	We will supply laminated versions
2	Compasses	Ideally Silva branded– Supplied
1	Group First Aid Kit	Supplied

## SLEEPING BAG GUIDE

Season	Season Rating	Use	Typical Night Temperature
Summer	Season 1	Summer Camping Indoor use	+10 degrees or higher
	Season 2	UK late spring Early Autumn	+5 degrees or higher
Winter	Season 3	Autumn / Winter Mild – Cold nights – Without frost	+0 degrees or higher
	Season 4	Cold winter nights May be frost / snow	-5 degrees or higher



### Synthetic Sleeping Bags

PROS	CONS
Retains insulation when damp / wet	Does not retain heat as well as down
Cheaper than down	Bulkier and heavier
Easier to clean	Shorter life span

### Down Sleeping Bags

PROS	CONS
Excellent heat retention	Loses heat insulation ability when wet
Lightweight – better warmth to weight ration	Takes a long time to dry out when wet
Wider comfort temperature range – This makes it suitable for cold and warm temperatures	More expensive
Long lifespan if looked after!	Requires special cleaning
Easier to compress and packs small	

### Sleeping Bag Liners

Sleeping bag liners are inserted inside your sleeping bag to provide an extra layer of warmth, improve hygiene and extend the life of the sleeping bag.

### Sleeping Mats

Sleeping mats and roll mats go under your sleeping bag and provide insulation from the ground to keep you warm when sleeping outdoors.