Kit List

- Rucksack – should be minimum 60 litre in size
- Sleeping bag and rollmat
- Waterproof jacket (and waterproof trousers if you have them)
- Walking boots
- Shoes to change into at campsite (optional)
- Hats (woolly hat and/or sunhat)
- Gloves
- Torch
- Personal First Aid kit
- Plate/bowl/mug (plastic is best) and cutlery
- Extra T-shirts (extra thin layers provide warmth but are not bulky in your rucksack)
- Spare fleece/jumper
- Extra pairs of socks
- Water bottle filled with fluid
- Food (all food for expedition. Lunch, dinner, breakfast and snacks.)
- Suntan lotion (SPF20+ recommended)

Group Kit will be provided. This will include Tents, Maps and Stoves which will be shared out between team members.