

Expedition Kit List

Item	Got it?	Packed it?
CLOTHES		
1 pair walking boots / sturdy trainers		
4 pairs thick socks		
3 t-shirts (one should be long sleeved)		
1 fleece or hoodie		
2 trousers (NOT JEANS)		
Underwear for 3 days		
Shorts (depending on weather)		
Waterproof Jacket		
Waterproof Trousers (optional)		
Gloves (optional)		
Sun cream		
Sunhat		
Sunglasses(optional)		
EQUIPMENT		
Sleeping Bag		
Camping Mat		
Camping Rucksack	Supplied by CWC	
PERSONAL KIT		
Water Bottle		
Watch (£2.99 from Argos)		
Mobile Phone (optional)		
Camera (optional)		
Wash Kit (tooth brush, soap, medicines)		
Towel		
Torch		
Knife/Fork/Spoon		
Bowl		
Mug		
Plastic bags (to keep your spare clothes dry)		
A small amount of spending money		
GROUP KIT (Carried between your group)		
Tent	Supplied by CWC	
Map and Compass	Supplied by CWC	
Camping Stove and oil	Supplied by CWC	
First Aid kit		
Food (2 x Breakfast, 3 x lunch, 2 x dinner and energy snacks)		