

Personal Kit List

This list has been compiled to help you decide what kit you need to bring. If you forget your waterproof jacket you will get cold and wet (and you may not be allowed to take part in the expedition). Similarly if you bring non essential items your bag will be too heavy and you will struggle to carry it.

Use this list when you are preparing to ensure you pack all the essentials and don't carry any extra, making your rucksack as light as possible. If it is not on the list – don't bring it!

Rucksack & Rucksack Liner

- Between 50 and 65 litres. Remember you will need space for group kit (tent, stoves, first aid kit and group shelter)
- Ensure that it fits properly. Shop staff will be able to give you assistance with this. When trying it on put something heavy in it to simulate how it will fit when you have all your kit inside it. Make sure the rucksack back length fits you. Some rucksacks come with adjustable back lengths which are ideal then we can help you fit this properly on your expedition.
- You will need a rucksack liner no matter how waterproof you believe your rucksack to be! If your sleeping bag gets wet you will not be able to continue your expedition. This liner could simply be a black bin liner, and take a couple of spares in case they rip.

Walking Boots

- You **MUST** have walking boots that go above the ankle in order to provide enough support for walking on rough terrain. Approach shoes or trainers are not suitable.
- Check that they have a good sole. A vibram sole is an example of this. This is shown by a yellow hexagonal mark on the sole.
- The boots should be waterproof. Examples of waterproof membranes are Gore-Tex, ClimaDry and Sympatex.
- Give yourself time to break them in so that they are comfortable. Ensure the boot is flexible enough so that you can maintain a natural walking action.

Sleeping Bag

- A 2/3 season bag should be warm enough.
- Consider down and synthetic. A down bag will be warmer but is no use if it gets wet. A synthetic bag will provide warmth even when wet.
- Consider weight and how small it will pack down.
- Use a stuff sack to reduce the volume of the bag when packing
- Using a liner will add some extra warmth to your sleeping bag. You have the option of silk (light and warm but expensive), fleece (warm but bulky) and cotton (cheapest but not so warm) liners.

Sleeping Mat

- There is a choice between a foam sleeping mat and an inflatable one. A foam mat is lighter but bulky (most likely carried on the outside of your rucksack). An inflatable one is slightly heavier but takes up much less room. There is a risk of an inflatable one bursting and far more care needs to be taken when using it. A foam mat is the cheap and reliable option.

Waterproof jacket

- It must be waterproof! Gore-Tex is the most common example of a waterproof fabric. Ensure it has taped seams to stop the water leaking through. Storm flaps over the zips will also help.
- It must have a hood.
- Make sure that it fits well.

Waterproof Trousers

- Must be waterproof in the same way as above.
- Make sure they fit well.
- If they have zips at the bottom this will make it easier to put them on over your boots.

Clothing

Lots of layers are much better than one thick top. If you can get them, specialist thermal base layers and fleeces are best. Cotton items such as T-shirts and Jeans dry very slowly and won't keep you warm. You should look for something which is warm, quick drying and light.

You will want to wear the following

- Thermal Base Layer
- Thin Jumper
- Thick Jumper
- Walking Trousers (NOT Jeans)
- Hill Walking socks
- Underwear

Spare clothing should be carried. You may choose to carry less spare clothing for Bronze but for Silver and Gold you might want to include a couple of extra spares.

- Spare Warm Layer
- Spare pair of socks
- Change of underwear
- Spare pair of trousers (NOT Jeans)
- Spare Base layer
- Woolly Hat and Gloves (even in summer; It can get very cold on the hill and at night)
- Pair of shorts (depending on the weather)
- Sun Hat (depending on the weather)

Small personal first aid kit

- Your group will be issued with a first aid kit but you should carry your own supply of blister plasters. Compeed (available from Boots) is a good choice. Plus any other medications that you use on a regular basis.

Compass

- Silva compasses are very reliable. Go for Ranger 3 or Field 7.

Whistle

- Needs to be loud enough to attract attention in case of an emergency. Some rucksacks will have a whistle on the chest strap.

Water bottle

- This should be big enough to carry your drinking water for a day's walking (1 -2 litres)
- Camelbaks are great as it means you can drink whilst walking; but beware they can burst and then you will have nothing to carry your water in! If you do use one, we suggest you have a water bottle as a back-up.

Eating Utensils

- Knife, fork and spoon. It may not be necessary to bring each of these – have a think about what you are going to be eating. A "Spork" is ideal.
- Plate or bowl
- Something to drink out of

Matches / Lighter

- Make sure these are kept dry.

Food

- We will cover this in detail during the training.
- Remove any excess packaging before you begin – this will give you less rubbish to carry.
- Bring a plastic bag for your rubbish.
- It may also be worth bringing a scrubber to clean your cooking pot.

Small torch

- Put new batteries in it before the expedition (and bring spare for silver and gold expeditions).
- Head torches are great if you have one.

Personal Toiletries

- Toothbrush, toothpaste and some wet wipes should be plenty for one night away.
- For longer expeditions you may want to bring a small towel and some soap.
- Toilet paper, tissues and ear plugs.

Sun cream and midge repellent

- There is no need for everyone in your walking group to carry sun cream and midge repellent, as long as there is an ample supply between your group. One large tube of each between 6.
- Avon “Skin so soft” is a good option for midge repellent.
- A midge net is essential for Scottish expeditions!

Pen and paper

- Essential for making changes to route plans, taking notes for your expedition aim and writing down important information in case of an emergency.

Money

- Small amount of money in case of an emergency.

Mobile phone

- Not everyone in your walking group needs one, but try to ensure your group has at least two phones. Different networks would be ideal.
- Make sure it is fully charged and has credit on it.
- Put in a plastic bag to keep it dry.

One luxury item

- You may well have some time to yourselves in the evening so you might like something to help keep you occupied. For example: a book, a pack of cards or a small ball, camera. It is not recommended to bring expensive items; they could get wet or damaged.