

Clothing for training, practice and expedition days

Suitable clothing for outdoor activities:

- T-shirt - Synthetic or other quick-drying
- Long-sleeved jumper - Synthetic or wool (no cotton hoodies)
- Suitable shorts, leggings or walking trousers (no jeans or cotton tracksuit bottoms)
- Boots or trainers - Walking boots/shoes or running shoes with good grip (no flat soles)
- Socks - Wool or synthetic
- Waterproof jacket
- Hi-vis vest or rucksack cover

Equipment for training day

- Small rucksack (school bag is acceptable, 30l max.)
- Water bottles – 500ml is fine
- Sunscreen
- Insect repellent
- Light waterproof jacket
- Medication if required
- A self-contained meal that requires boiling water only (e.g. Pot Noodles or “boil-in-the-bag” hiking meals) for lunch and snacks
- Cutlery

Equipment required for practice walk and expedition

An expedition rucksack (roughly 60l, can be provided but very limited numbers) containing:

Personal items:

- Meals and snacks for the trip (Allow 2000 calories/24h)
- Water bottles – Minimum total 1.5l
- Spare clothing
- Medication if required
- Sunscreen
- Insect repellent
- Toiletries
- Sleeping bag and roll mat

Group kit (shared equally amongst group members):

- Tent (provided by school if needed)
- Trangia stove and fuel (provided by school, one per three/four people)
- Basic first aid kit
- Map and compass (provided by school if needed)
- Printed route cards & route maps
- Matches
- Detergent/scouring pads for washing Trangia
- Money for campsite

Recommended:

- Harvey Superwalker map
- Warm fleece jumper