

UCS D of E Kit List

Individual Kit

- Rucksack: 65 litre is ideal; must have waist strap. School can provide if booked in advance.
- Waterproof Liner for rucksack: 2 plastic bin liners will do
- Sleeping bag: warm, not too bulky, with compression sack – in plastic bag
- Sleeping mat: School can provide if booked in advance – *see note*
- Water bottle(s): at least 1½ litres in secure (tested!) containers
- Spare plastic bags: (at least 3 for wet clothes, rubbish etc..)
- Spoon; plastic mug; plastic bowl – *see note*
- Penknife
- Torch – preferably head-torch – with spare batteries and bulb
- Wash kit; toilet paper – *see note*
- Small towel
- Walking trousers (**NO jeans**) – 1 pair
- Tracksuit trousers or equivalent for tent/campsite – 1 pair
- 2 or 3 Shirts/T-shirts – *see note*
- Jumpers / fleeces (2 thin are **much** better than one thick)
- Pants – 1 per day!
- Thick walking socks – **need to be good to prevent blisters** – 1 pair
- Thin socks – 1 pair per day
- Spare clothes to change into at end in labelled plastic bag
- Walking boots and spare laces **make sure you have 'broken' these in** – *see note*
- Gloves: warm
- Hat: warm; (sun hat/baseball cap as applicable)
- Waterproof jacket and trousers – *see note*
- Notebook and pencil
- Money for food in transit
- Personal Medication: e.g. Inhaler or EpiPen etc. Plasters/Compeed, if prone to blisters
- Mobile phone – **fully charged**
- Day pack (with packed lunch, water, - as per the letter)
- [**Assessed Expeditions only, NOT Practice Expeditions**] - Food

Group Kit

- Washing up kit: scourer, washing-up liquid (only take as much as your group need)
- Matches (in a bag)
- Tea towel
- Whistle
- Watch
- Sun cream (high factor)

Kit Provided by the School

Tent, survival bag, Trangia stove, gas for stove, laminated map, compass, First aid kit

Food [**School provides all food for Practice Expeditions only**] – enough for three meals per day, plus snacks. Does not include lunch on Day 1.

N.B. – Groups will need to supply all food for their Assessed Expeditions (not the Practice).

Optional Kit

Thermos Flask

Gaiters (very useful if wet)

Small radio/cards/book/camera

Flip flops/trainers for campsite

Shorts

Additional Notes

Walking boots: Must cover ankles. Don't get them too tight as your feet swell when walking: try them on wearing thick socks (or 2 pairs). Don't have to be heavy-duty leather; lighter canvas boots are fine, but they must be waterproof.

Clothes: Shirt/T-shirt: man made (wicking) fibres are best. Avoid cotton if possible. You don't need to spend a fortune on 'posh' kit; cheap polyester T's will do. Take at least one long-sleeve. Thermal undergarments are optional.

Fleece garments are very light but often not windproof.

Waterproofs: Jacket must have a hood; over trousers must be capable of being put on over boots. Breathable waterproofs are preferable. [N.B. GoreTex is NOT the only good breathable waterproof material – ask for advice in a good outdoor shop.] We may have some spare waterproofs to loan out – ask in advance.

Sleeping Mat: Roll mats are cheap and light but will need to go outside rucksack due to size (make sure your rucksack has the appropriate external straps if you choose this option).

Thermarest type are good – warmer and more comfortable - but expensive, and can puncture.

Mug, Plate/bowl and cutlery: Tough plastic is much better than metal. Medium/large plastic bowl is better than a plate. Spoon and penknife sufficient cutlery to eat any camping food.

Wash kit: This should be kept to a minimum. Discuss with your group what you could share (e.g. toothpaste, deodorant, shower gel?).

Good idea to take loo roll, but not a whole one – way too bulky!

Small Radio/Book/Cards: Radio can be useful for weather forecasts in addition to entertainment.

Cards are portable and fun to play communally. Don't forget this is also a social activity so you could try talking to each other rather than solitarily listening to an mp3 player or reading. A **camera** will be very useful to provide a record of your trip, but don't take anything too expensive and keep it in a waterproof bag.

Food – Assessed Expeditions ONLY (not Practice Expeditions)

Groups will have received advice on this during their Training and the Practice Expedition. Here are some key tips to remember:

It is **much** more efficient to cook as a group, so arrange who takes what in advance and make sure the menu suits everybody.

You will need to provide three meals per day and snacks on top of this.

Get a balance of nutrition, but consider bulk, weight and cooking times.

Most of your energy will come from slow-release carbohydrates. Dehydrated foods such as pasta, rice, noodles, porridge, etc. are ideal.

You can pick up ready meals-in-a-bag from most camping stores but these are expensive and heavy if not dehydrated.

Do not take food that will go off quickly.

Tinned food, which just needs heating, is good but heavy.

Snack food: Tracker-type bars give out energy in a more measured way than mars/snickers. Make up your own 'trail mix' beforehand: nuts, dried fruit, shortbread are all great ingredients.

Emergency Food: Always have some spare (sealed)

Drinks: Tea/coffee/hot chocolate are all good. Take milk powder to flavour drinks and porridge.

Cup-a-soup is great to rehydrate when you reach camp. Powders to make up energy drinks are good too.

Final Thoughts

Don't forget you have to carry all this kit, so avoid taking unnecessary luxuries. You must have enough space in your rucksack to put your share of the group items **including the tent, cooking equipment and food.**

You will not be allowed to attach anything except for your sleeping mat to the outside of your rucksack.