

Kit List with notes (those in red can be provided by WayAhead/school)

Clothing	This is mandatory for everybody
Adequate footwear	Boots – either leather or goretex / synthetic. Make sure it has a good sole – vibram and provides ankle support and are broken in.
Waterproof jacket with hood	This needs to be windproof and waterproof not showerproof.
Waterproof trousers	As above.
Thermal top & T-shirts	This must NOT be cotton. Acceptable examples include ski tops, thin fleece, Helly Hansen tops or other specialist makes.
Fleece	Must be nylon or polypropylene NOT cotton. Primark do one for £6! Can be a jacket or a microfleece pullover.
Trousers	These must be quick drying. NOT jeans! Zip off trousers are worth considering as they can be used as shorts in the right weather.
Hat & Gloves (inc sun hats)	Ideally fleece or windstopper. For summer conditions a baseball cap or similar.
Socks and Underwear	Carry spare socks as well. You should wear a liner pair of socks and a thicker pair over the top.
	Optional
Nightwear	Pyjamas or cotton top & shorts, preferably NOT onesie's as they are bulky and once wet are hard to dry.
Trainers or sandals	Optional for use at campsites. Preferably not flip flop (trip hazard)
Gaiters	Waterproof, can either be ankle length or mid-calf.
Leggings	Thermal leggings are worth considering as additions to normal trousers rather than as an alternative.
Personal Equipment	This is mandatory for everybody
Rucksack & liner	65 Litres is a good size for a rucksack. Make sure it is fitted to your back (or can be adjusted) as they come in different lengths. Liner should be thick plastic (not a bin liner), Rubble Bags are ideal. Rucksack covers are not waterproof.
Sleeping bag & mat	A 3 season sleeping bag should be fine. These should be in either a dry bag or a sealed plastic bag (not a bin liner). Rubble bag and Duct tape! Sleeping mats can either be foam (such as karrimats) or inflatable, such as thermarest.
Water bottle	At least 1 litre, a Platypus / camel back or similar is ideal or use a couple of bottled water bottles reusing is good!)
Watch	A cheap digital one is best, especially if the face lights up!
Wash Kit	Soap (or Dry Wash), toothbrush, toothpaste, loo roll in a plastic bag, small towel. NOTHING ELSE.
Torch, Whistle & Compass	Head torches are best, don't forget spare batteries. Good compasses are made by SILVA. Whistles are usually orange!
Mug & Spoon	Plastic is best, you can buy combined forks and spoons!
Plastic bags	Big freezer bags! Dry socks - wet boots solution for camp.

	Optional
Towel	You can buy trek towels, or alternatively bring a normal towel or bring a small flannel or tea towel (probably more useful)
Bowl / Plate	If your mug is big enough use that, but think about what you are going to eat and then decide if you need a bowl or plate.
Emergency Equipment	This is mandatory for everybody
One COMPLETE change of clothing	This is only to be worn in the tent or in a real emergency. It must be ruthlessly packed to ensure it remains bone dry. Another rubble bag and duct tape job or dry bag!
Survival bag & Emergency rations	Big Orange plastic bag £3, some spare food & drink sachet – hot chocolate is good!
Pen and paper	For message writing and making notes about your journey.
Personal First aid kit	Personal medication (paracetamol etc.) and minor plasters for blisters.
Emergency contact details	These will be on the consent letter and should be programmed into phones and written on route cards.
Group Kit	To be shared amongst the team – items in RED will be provided.
Stove & Fuel	Can be liquid fuel (meths, petrol) or gas. Trangia stoves are popular as they come with pots as part of them. They need to be big enough for the group and the fuel needs to be stored in a safe container.
Tent	Can be 1, 2 or 3 person tents. Depending on the make and model some pitch 'inner first', some pitch 'outer first' and some are integrated. In all cases you need to know how to put them up before you go on expedition and that they have a good groundsheet to keep moisture out / to a minimum.
Matches & Washing up kit	A film case (or similar) of Washing Up Liquid, a green scrubby thing or scourers and some plastic bags for rubbish . Matches need to stay dry!
Food	This should be organised as a team. Eat lots!
Maps	Usually 1:25,000 or 1:50,000. Laminated maps are good otherwise bring a <u>map case</u> as well
Trowel & toilet paper wet wipes	For when there is no toilet!
Mobile Phone	For Emergencies only, NOT texting your mates.
Duct Tape	A big roll that can be used for loads of things.
	Optional
Mapcase	Plastic case to keep maps dry – ortlieb make them as do lots of others
Sun cream & after sun	For those glorious summer days!
Sunglasses	Make sure they have UV protection and bring a hard case.
Insect repellent	Spray on is good, avoid anything stronger than 40% DEET
Water purifying tablets	For those wild camps and on the hill emergencies.
Repair kit	Spare laces, string, a pen knife or similar.