

# The Expedition Team

## Kit List (Updated July 2018)

### All participants **MUST** be in possession of:

Waterproof jacket  
Waterproof trousers  
Lightweight walking trousers (**NOT** jeans/sweat pants)  
Walking **boots**  
Socks (x2)  
Underwear (**strongly** recommend undershorts **NOT** boxers/knickers!!!)  
T shirt (x2) (ideally long sleeved in warmer months)  
Lightweight fleece  
Hat  
Gloves  
Sleeping bag liner (make your own!!!)  
Food appropriate for your expedition (will be agreed beforehand)  
Water bottle 75ml (you will have plenty of refill opportunities)  
Plate/Bowl  
Mug/Cup  
Toilet paper (share amongst friends)

### In addition participants may wish to consider:

Sunglasses  
Suncream (incl. aftersun if you feel you may need it)  
Insect repellent  
Lightweight towel (tear an old one in half)  
Toothbrush  
Toothpaste (share amongst friends)  
Baby wipes (invaluable)

### The team will provide:

Tent  
Sleeping bag  
Sleeping/roll mat  
Rucksack

Cooking equipment  
Gas  
First Aid kits  
Head torch  
Compass/Maps  
Survival Bag  
Whistle  
Matches/Lighters

All expeditions will be preceded by a kit preparation exercise which will allow participants to pack their rucksacks with everything they will need including food and water.

Local sources of good quality but relatively inexpensive kit include:

**Millets**  
**Trespas**  
**Blacks**  
**Decathlon**

Cotswold Outdoor at Bicester is an excellent retailer but tends to aim at the slightly higher end of the market. I use their online store.

An excellent 'high end' shop in Stony Stratford [www.climbers-shop.com](http://www.climbers-shop.com), a more climbing focused outlet but definitely worth a look.

Slightly further afield and one maybe for online shopping only is Trekket, based in Hereford [www.trekket.co.uk](http://www.trekket.co.uk).

As ever if you need any advice or guidance with kit give Glenn a call 07801 852319.