



# Kit List

Please check the weather forecast for your expedition.

Parents please remember that your child will be carrying everything, make sure they pack all they need, but they won't need lots of extra "just in case" clothes, beach towels, hair straighteners or make-up, big bulky wash kits, hairspray, cans of deodorant, pans etc.

There are no quantities on this list. Please take into consideration the number of days the expedition is for, ie a 2 day Bronze expedition will require 2 t-shirts, one being worn for the start and a spare in the rucksack. A 5 day Gold will require more t-shirts potentially.

You also need to bring sufficient food for the duration. Tips on this can be found on our website at <https://samsykesltd.co.uk/expedition-training-resources>

It is worth planning with the rest of your team and sharing some items, for example sunscreen and food.

We can't be responsible for personal kit, so we recommend that you do not bring expensive earbuds, mobile phones, speakers and other electronics. Penknives are **not** required on expeditions.

We provide the group with tents, stoves, fuel, pans, maps, compasses, rucksacks, roll mats. If you have your own rucksack that is large enough and well fitting you may prefer to use this. Likewise the roll mats we provide are foam yoga style mats. If you are bringing your own mat make sure that if it is an inflatable mat that it is light weight and small, not an indoor sleepover type inflatable bed. Foam mats are perfectly fine.

Clothing		
Item	Guidance	Specific Recommendation
<b>Hiking boots, broken in.</b>	These need to be waterproof and protect the ankle. Wellies, trainers or shoes are not acceptable for hiking.	Hi-Tec: Eurotrek Lite WP, Aysgarth WP, Summit WP, Bandera Lite WP, Bandera II WP, Ravine WP, Raven Mid WP, V-Lite Psych Mid WP, V-Lite Reflex WP
<b>Walking socks</b>	Use a hiking sock. Trainer socks, ankle socks and everyday socks are not absorbent enough. Pack 1 clean pair for each day, if socks are wet/sweaty blisters are more likely.	Bridgedale: HIKE range Men's and Women's: Midweight, Lightweight and Ultralight Merino Performance, Midweight and Lightweight Merino Comfort
<b>Waterproof sock liners (optional)</b>	If boots are not very waterproof these can be useful. Look for brands such as Sealskins.	

Clothing		
Item	Guidance	Specific Recommendation
<b>Waterproof coat and trousers</b>	These are essential regardless of the forecast. Please ensure the coat is a proper waterproof, not your child's usual showerproof insulated fashion coat.	Craghoppers: Orion and Atlas waterproof jackets Craghoppers: Ascent Overtrousers
<b>Warm jacket</b>	Separate to the waterproof coat. This could be a fleece, soft-shell or down coat. Something light and warm.	Craghoppers: Mannix Hooded Jacket
<b>Jumper/ hoody</b>	A lightweight warm layer, not a big heavy cotton hoody such as a leavers hoody, as these are very heavy. Fleece fabric dries quickly and is warmer and lighter than cotton jersey.	Craghoppers: Stromer, Mannix Hooded Fleece and Half Zip Tops
<b>T-shirts</b>	Look for t-shirts with wicking properties. Ensure the shoulders are covered up to reduce rubbing of rucksack straps. Vest tops and sports bra's don't provide enough protection from sunburn or rucksack strap rub.	Craghoppers: Atmos T-shirt
<b>Trousers</b>	Jeans are NOT suitable. Leggings or walking trousers preferable to cotton jersey joggers. Cotton jersey joggers are likely to chafe and are poor at coping with sweat, dry slowly and are heavy.	Craghoppers: Verve Trousers and Velocity Tights
<b>Shorts</b>	Weather dependant. Please ensure they are of a suitable length, to mid thigh at shortest. Short running style shorts cause chafing.	Craghoppers: Verve Shorts
<b>Underwear</b>	Sports bra's will be more comfortable than fashion bra's, but need to be covered with a t-shirt to ensure protection from sunburn and rucksack strap rub. Pack a clean set of underwear per day.	
<b>Nightwear</b>	Maybe pack pyjamas. Consider wearing clean leggings/shorts and clean t-shirt to save weight.	
<b>Warm hat/sun hat</b>	Both often needed. A warm hat is often very useful in camp at night.	
<b>Scarf/buff</b>	Optional but useful.	
<b>Gloves</b>	Often needed even in mid summer, especially in camp at night.	
<b>Sliders/ flipflops</b>	Optional for use in camp. Students are not allowed to walk around barefoot or in socks.	

Personal kit		
Item	Recommendation	
<b>Rucksack (we can loan you this)</b>	If using your own ensure this is robust and large enough to get everything in with an adjustable backlength. We use 60L Vango Sherpa.	Vango: Contour, Sherpa, Summit rucksacks
<b>Rucksack liner if using own rucksack.</b>	Dry bag to put everything you want to stay dry in, ie sleeping bag and clothes. This can be a big bin bag or a purpose made dry bag.	Lifeventure: Ultralight Dry Bags (2/5/10/15/25/35/55/75L) and Compression Sacks (5/10/15L)
<b>Sleeping bag</b>	Ensure this is warm, look for a comfort rating of around zero. If the comfort rating is around 10 degree C this is intended for indoor use and your child will be very cold at night. Even in summer we get night temperatures as low as 1 or 2 degree C.	Vango: Nitestar, Latitude, Ultralite Pro, Olympus Pro, Zenith, Microlite sleeping bags
<b>Sleeping bag liner</b>	Optional, but will increase warmth by around 5C	Lifeventure: Cotton sleeping bag liners
<b>Sleeping mat (we can loan this)</b>	Thin foam yoga style mat or lightweight inflatable mat. We can loan you a foam mat.	Vango: Single Trek, Dreamer mats
<b>Inflatable pillow</b>	Optional. Do not bring a standard pillow as these are too large to go in a rucksack.	
<b>Torch</b>	Head torch or handheld, spare batteries.	Lifesystems: Intensity 280 and Intensity 155 head torches
<b>Personal medication/ first aid supplies</b>	Remember your own prescription medication. Painkillers if the school policy allows students to have their own. Blister plasters if you know you are prone to blisters.	Lifesystems: Camping, Trek, Blister, Waterproof first aid kits
<b>Food</b>	Needs to be easy to cook in 1 pan and something you like. Aim for 3000 cal/day	Wayfayrer: ready to eat expedition food. Firepot: dehydrated expedition food
<b>Waterbottle</b>	Reusable bottle of 2L size or a hydration pack of 2L. Alternatively you can bring 2x 1L bottles.	Lifeventure: Tritan Flask (1000ml), Tritan Flip-Top Bottle (750ml), Tritan Bottle (650ml), Vango: 2L Hydration pack
<b>Cutlery</b>	Most meals can be eaten with a spoon. Knife and fork optional. Consider a spork.	Lifeventure: Stainless steel, Ellipse, Titanium knife, fork and spoon sets
<b>Plate/bowl/mug</b>	Bowl and mug more useful. Everything you can eat on a plate can be on a bowl, less likely to spill. Make sure these are non breakable.	Lifeventure: Stainless steel camping bowl, camping plate, Titanium plate, Ellipse plate, bowl, collapsible bowl Ellipse mugs

Personal kit		
Item	Recommendation	
<b>Matches</b>	Matches/cigarette lighter. Gas stove lighter. Store in ziplock bag, 2 per group to light your stove.	Lifesystems: Stormproof matches
<b>Wash kit/ personal hygiene</b>	Keep to a minimum, many sites we use don't have showers. Use small travel sized items. Make-up is not required. Remember hand sanitiser.	Lifeventure: Wash bag (small), All-purpose soap, Dry wash gel
<b>Sunblock</b>	Use a high SPF, small travel sized bottle lighter.	Lifesystems: Mountain 50 suncream, Mountain Combi Stick SPF50+
<b>Towel</b>	Optional, can you manage without a shower for 1 night? Lightweight travel towel, these are quick to dry.	Lifeventure: Recycled Soft Fibre Towel (large, x-large, giant)
<b>Notebook/ pencil</b>	Useful depending on your project. May only need 1 per group.	
<b>Washing up kit</b>	1 per group needed, small bottle of washing up liquid and sponge.	
<b>Plastic bags</b>	Great for all sorts of reasons, rubbish bags, storing wet dirty clothes, extra protection for sleeping bag. They weigh nothing and are versatile.	
<b>Playing cards/small ball</b>	Optional, but worth bringing something to entertain yourself with in the evening. It needs to be light, small and not noisy-no music speakers.	Uno, Dobble, playing cards, small ball.
<b>Insect repellent</b>	Often needed in the Lakes, Wales and Scotland. Useful elsewhere.	Lifesystems: Expedition 50 PRO, Expedition Natural 40 insect repellents, Bite and Sting Relief
<b>Sunglasses</b>	Optional	
<b>Walking poles</b>	Optional, but very helpful if you get knee or ankle pain. Use as a pair.	Vango: Pico and Camino walking poles

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