

Kit List

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| The following kit will be supplied for the expedition, and you DO NOT NEED TO PURCHASE | | |
| Tent | Stove / Cooker | Fuel |
| Group First Aid Kit | Compass | Map |

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|---|---------------------------------------|--|
| Kit Required: | | |
| 65 Litre Rucksack * | Rucksack Liner | |
| 2-3 season Sleeping Bag (in waterproof bag) | Sleeping Mat * (in Waterproof Bag) | |
| Personal Medication | Blister Plasters | |
| Insect Repellent | Midge Net | |
| Sun cream | Cap / Hat | |
| Water Bottle (1-2L) | Knife, Fork, Spoon (No Pocket Knives) | |
| Plastic Mug and Bowl | Matches in a Waterproof Bag | |
| Bin Bag (for Rubbish) | Spare Plastic Bags | |
| Walking Boots* (broken in) | Socks (at least 2 pairs for each day) | |
| Waterproof Jacket * | Waterproof Trousers* | |
| 2 Changes of Clothes | Trainers (for at campsite at night) | |
| Toilet Roll | Toiletries / Wipes / Light Towel | |
| Torch (and spare batteries) | Whistle | |
| Watch | Gloves and Winter Hat | |

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| Food: | |
| Day 1 Lunch | |
| Day 1 Dinner | |
| Day 2 Breakfast | |
| Day 2 Lunch | |
| Plenty of Snacks | |

Jeans are not permitted on the expedition. Recommended trousers are tracksuit bottoms, leggings or walking trousers.

With regards to Walking Boots, please break these in before the expedition as this will make them much more comfortable to walk in.

Remember that whatever you bring to the expedition, you must carry. This is an example kit list. A full kit list can be seen on the DofE Website (www.dofe.org).

Borrowing Kit:

If you have any questions or require to borrow kit, please get in touch via email at deborah.lawrence@south-ayrshire.gov.uk. Items marked with * may be available to borrow. Please get in touch as soon as possible as we have a limited amount of kit.