



## Bronze Expeditions Kit List

Below is a list of items required for the Bronze practice and assessed expeditions. If a participant has everything on the list, they will have everything they need to complete the ventures safely and competently. A missing item that turns out to be required (e.g. waterproof trousers) may result in a participant failing to complete the expedition section. A rucksack should contain no more than one quarter of the carrier's weight.

### Group Equipment

- Tent – as lightweight as possible; no bigger than a 3-man (can be hired from the College)
- Stove – Trangia type only, provided by school; do not bring meths (provided by the College)
- Matches (2 boxes); in waterproof container/bag
- 1 small pan scrubber
- 3 rubbish bags e.g. plastic carrier bag
- Tea towels
- Toilet paper

### Personal Equipment

**Clothes: do not pack more than one spare set! If you have a choice, non-cotton items are preferable as they tend to absorb less water, are lighter, warmer when wet, and dry quicker.**

- 1 waterproof/windproof jacket
- 1 waterproof trousers
- 1 pair of gaiters
- 2 pairs of thick walking socks
- 2 pairs of socks
- 2 lightweight walking trousers (not jeans or cotton joggers! Must be comfortable when wet!)
- 2 sets of underwear
- 2 base layers: T-shirt + spare
- 1 mid-layer: shirt or thin sweatshirt (plus possibly spare)
- 2 warm layers: jumper/fleece
- 1 pair of shorts
- 1 warm hat
- 1 sun cap
- 1 pair gloves
- Personal medicines and wash kit/personal hygiene items as appropriate
- 1 small towel (e.g. tea-towel is big enough – there's no shower!)
- 1 sleeping bag – must pack small
- 1 sleeping mat
- 1 rucksack – 65 litres max (otherwise the temptation is to fill it, however large!) (can be hired from the College)
- 1 pair of walking boots – broken in/worn in by the time of the practice expedition
- 2 (minimum) waterproof plastic bags/rucksack liners, e.g. tough bin liner or rubble sack, for keeping clothes etc. dry in your rucksack
- Survival bag
- Knife, spoon, plastic bowl and mug
- Torch (handheld or frontal; and spare batteries)
- Personal first aid kit
- Paper/notebook and pencil
- Watch
- Water bottle (big enough to contain 2 litres of water; refillable)
- Expedition food (1 breakfast, 2 lunches and 1 dinner) and snacks