

Expedition Equipment Checklist – Bronze/Silver Award

All participants should make their own equipment checklists. This list can be used as a guide; items can be added or deleted according to personal needs and experience. All individuals must always carry the personal emergency equipment listed below.

<p>PERSONAL EMERGENCY EQUIPMENT (to be carried by each person)</p> <ul style="list-style-type: none"> <input type="checkbox"/> <u>Map</u> <input type="checkbox"/> <u>Compass</u> (optional at bronze and silver) <input type="checkbox"/> Watch <input type="checkbox"/> Torch, spare bulb and battery <input type="checkbox"/> First aid kit (plasters for blisters etc) <input type="checkbox"/> <u>Whistle</u> <input type="checkbox"/> Coins/card for telephone <input type="checkbox"/> Spare jumper/sweatshirt <input type="checkbox"/> <u>Waterproof top and trousers</u> 	<p>CLOTHING</p> <ul style="list-style-type: none"> <input type="checkbox"/> Boots (with good ankle support) <input type="checkbox"/> Thick socks (two pairs) <input type="checkbox"/> Shirt <input type="checkbox"/> Fleece or sweat shirt <input type="checkbox"/> Trousers (not jeans) <input type="checkbox"/> Underwear <input type="checkbox"/> Trainers (optional – to give feet a break from your boots whilst at camp) <input type="checkbox"/> Sun hat and cream
<p>PERSONAL CAMPING EQUIPMENT</p> <ul style="list-style-type: none"> <input type="checkbox"/> <u>Large rucksack</u> (55 – 65 litres capacity) <input type="checkbox"/> Strong large plastic bags or doubled up bin liners (to line your rucksack) <input type="checkbox"/> <u>Sleeping bag</u> <input type="checkbox"/> <u>Sleeping bag liner</u> (compulsory of borrowing a bag) <input type="checkbox"/> <u>Sleeping mat</u> <input type="checkbox"/> Small sum of money (optional) <input type="checkbox"/> Knife.fork.spoon <input type="checkbox"/> Small pocket knife (optional) <input type="checkbox"/> Plastic mug and bowl or plate <input type="checkbox"/> Soap and towel (small) <input type="checkbox"/> Tooth brush and paste <input type="checkbox"/> Toilet paper <input type="checkbox"/> Camera (optional) <input type="checkbox"/> Water bottle (1 litre at least) 	<p>GROUP EQUIPMENT</p> <ul style="list-style-type: none"> <input type="checkbox"/> <u>Tent</u> <input type="checkbox"/> <u>Stove and fuel</u> <input type="checkbox"/> Matches, sealed in a dry, waterproof container <input type="checkbox"/> Soap pads or sponge with abrasive pad <input type="checkbox"/> Washing up liquid <input type="checkbox"/> Tea towel (1 per person) <input type="checkbox"/> Food (dinner, breakfast and lunch) <input type="checkbox"/> Trowel <input type="checkbox"/> Route card (1 each) <input type="checkbox"/> Safety briefing and emergency procedures card <input type="checkbox"/> Emergency mobile phone (1 per group - switched off) <input type="checkbox"/> Plastic bags for rubbish <input type="checkbox"/> Emergency mobile phone

All items underlined can be hired out from JRCS. Any items lost or damaged must be replaced at cost price by the students responsible for them.

Items in bold will be provided by the school but each group must check that they have packed these items.