

## Personal Kit – Packing Checklist

Type of kit	Item	Packed?
Rucksack	Rucksack: 55-75 litres with padded waist strap	
	Rucksack liner or thick bin liners to protect contents from rain	
Sleeping / insulation	Sleeping Bag - 3 Season	
	Optional sleeping bag liner	
	Sleeping Mat	
Footwear	Walking Boots ( <b>must</b> have ankle support and a sturdy sole)	
	Optional - lightweight additional shoes for the campsite (such as sliders)	
Waterproofs	Jacket, with attached hood and taped seams. Click on the link here to see what taped seams are (other brands are available): <a href="#">Taped Seams</a>	
	Over trousers (again, with taped seams)	
Clothing	Underwear	
	Socks (consider using a combination of thin and thick socks)	
	Thermal bottoms/leggings	
	Thermal top/long sleeved top	
	Walking trousers (not jeans, joggers, or cotton trousers)	
	T-shirt (not cotton, must cover shoulders and torso)	
	Thin jumper/fleece	
	Thick jumper/fleece/insulating layer	
	Optional - shorts	
	Woolly hat	
	Gloves	
	Sun hat	
Spare Clothing	<b>Spare clothing; One COMPLETE change of clothing in case you get wet.</b> Tip: Spare clothes can also be used as pyjamas	
First Aid	Small personal first aid kit including blister plasters	
	Any medications that you need, with daily dosage details	
Toiletries	Toothbrush and toothpaste	
	Soap	
	Toilet paper (not the whole roll) and small plastic zip lock bag for waste Tip: Waste can be disposed of at the campsite each day.	
	Period sanitary products (if required) and small plastic zip lock bag for waste Tip: Waste can be disposed of at the campsite each day.	
	Small bottle of hand sanitiser	
	Optional - earplugs	
Food	Use the Food Information sheet and the Food Planner to help you decide what to bring	
	Spare/extra food for emergencies – please keep this separate inside your rucksack	
	Plastic bags for rubbish during the day. Waste can be disposed of at the campsite each day.	
Eating Utensils	Spork or knife, fork, and spoon	
	Lightweight mug	
	Lightweight bowl	
	Washing up sponge and a <b>small</b> bottle of washing up liquid	
	Matches or kitchen lighter for lighting your stove (please keep these dry)	
Other	Compass (Base Plate. Silva Expedition 4 is recommended)	
	Watch	
	Whistle	
	2x 1 Litre refillable water bottles (these can be refilled at the campsite each day)	
	Headtorch or torch (other than the torch on your phone) (plus spare batteries).	
	Sun cream and optional sunglasses	
	Mobile phone for emergency use in a dry bag, plastic bag or zip lock bag.	
	Pen/pencil and paper (for work on expedition activities and for use in emergencies)	

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### Group Kit

Please leave space in your rucksack for your group kit. These items will be given to you upon arrival/after training and/or pre-expedition checks. Group kit is provided by AE, so you don't need to bring or purchase these items. Group kit is split evenly between yourself and your team members. Group kit is:

- Tent;
- Trangia camping stove and cooking pots;
- Gas;
- Emergency shelter;
- First aid kit (this is additional to any personal first aid kit and/or medications).

### Kit examples

	<b>Rucksack</b>		<b>Waterproof rucksack cover</b> , most rucksacks come with an attached cover that is located in a pocket at the top
	<b>Sleeping mat</b>		<b>Boots</b> , waterproof with ankle support (see separate info sheet with other examples of boots)
	<b>Waterproof jacket</b> , with taped seams		<b>Waterproof trousers</b>
	<b>Waterproof rucksack liners/other bags</b> , these will keep your spare clothes and items such as your phone dry		<b>Sturdy bin liners</b> , these can be used instead of rucksack liners and do the job just as well, our instructor team likes to use these
	<b>Sleeping bag</b> , with optional liner. These come with a carry bag – the sleeping bag can be packed into the carry bag to save lots of space in your rucksack		<b>Water bottle(s) 2lt</b> , any reusable bottle will be suitable and can be filled up at campsites and/or at checkpoints throughout the day

Please note that kit does **not** need to be expensive, top-of-the-range, or named-brand. You'll be outside all day and sleeping in a tent at night, and therefore will need items that are functional, and most importantly waterproof.