

### Expedition Information

You MUST have waterproofs, even if rain is not forecast. You will not be allowed to participate without Walking Boots (with ankle support). You MUST also have a sunhat and sun cream (can be shared in group). It will be your responsibility to wear these if needed - you will not have an adult with you all the time to remind you!

Energy drinks containing caffeine such as Red Bull and Monster are NOT suitable and should not be brought. You should bring food for 4 meals. Lunch for both days, normal packed lunch is fine for the first day, but please bear in mind sandwiches get squashed and go off quickly in hot weather - cereal bars, trail mix, and other snack type foods are much more suitable for the second day. You should also have a meal to cook at the camp site in the evening (pasta and sauce, or foil packed boil in the bag are ideal) and a hot breakfast for the morning, for example instant porridge, mug shots, or at the very least a hot drink plus something with carbohydrates to eat.

All mobile phones and MP3 players will be collected in at the start of the expedition, and returned for the bus journey home - do not expect to contact home during the weekend - we will contact home for you if necessary.

You can bring a small amount of money for a drink/snack/ice-cream as we finish at a cafe, but you are not permitted to buy things during the expedition - come prepared to be self-sufficient; the only exception is water, which you can fill up at the campsite. In extremely hot weather the leaders will ensure that there are extra points during the day in which you can fill up water bottles along the way. We recommend you carry between 1.5 and 2 litres of water or diluted squash. Water bottles need to be brought to school full at the start of the expedition.

On the next page is a suggested kit list, more information can be found on the D of E website. Please do not rush out and buy kit: boots and waterproofs are the main things for a start. Remember there are training videos on the school website about kit, menus and packing a rucksack.

### Kit List

<b>Personal Kit</b>	<b>Notes</b>	<b>Group Kit</b>
Walking Boots		Whistle
Walking Clothes + spares (Trousers, t-shirt, thin fleece or hoodie/sweatshirt)	Fashion Leggings and jeans are not suitable. Shorts, walking trousers, joggers are ideal	At LEAST one watch (not on a phone) between the group
2 pairs socks		Tents
2 pairs walking socks		Stoves (one between 2/3)
Underwear		Pans/Mess tins
Nightwear	You can sleep in your spare clothes to save space in rucksack	Fuel for Stove (if the stove is hired we provide at the campsite)
Fleece + trousers (If walking in shorts)	It will get cool at night	Matches
Waterproof Jacket		Scourers
Waterproof Trousers		Small amount of washing up liquid
Flip Flops/Trainers	Optional - for campsite	Tea towel
Sleeping Bag		Plastic Bags (For rubbish, wet clothes/towel etc)
Sleeping Mat		Toilet roll (not full roll or pack of tissues to save weight and space)
Water Bottles (Filled)		Camera (optional but nice to have some memories)
Knife/Fork/Spoon (or spork)	You can eat out of the mess tins rather than carry plates and bowls	Playing Cards (optional- but good entertainment in the evening)
(Plastic) Mug		
Towel (Small) +Washkit Wet-wipes often come in handy!	Only bring the basics, ideally in small bottles. DO NOT bring hairdryers, straighteners, makeup! There are no showers at the campsite.	
First Aid Kit	Should contain as a minimum - plasters (Blister Plasters are useful), some dressings, a triangular bandage, antiseptic wipes, any medication/painkillers you may need to take. Medication can be passed to a member of staff if necessary.	Some of this can be shared amongst the group, but plasters and any medication are personal items each person should have.
Sun hat and sun cream		