

This is a list of suggestions and ideas, it is not definitive. You need to consider what you and your group will need and want, then balance that with what you are prepared to carry!

PERSONAL		GROUP
Clothing (see * over)	Equipment (see ‡ over)	Equipment (see ‡ over)
<p><u>Wear</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Base-layer (including 2prs socks) <input type="checkbox"/> Middle-layer <input type="checkbox"/> Walking boots or shoes <input type="checkbox"/> Watch <hr/> <p><u>Pack</u></p> <p>Complete change of dry clothes (can be sealed in a plastic bag)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Base-layer (inc. socks) <input type="checkbox"/> Middle-layer <p>Wet/cold weather gear</p> <ul style="list-style-type: none"> <input type="checkbox"/> Outer layer <input type="checkbox"/> Waterproof Jacket <input type="checkbox"/> Waterproof Trousers 	<p><u>Advised</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Rucksack (55-65 litres) <input type="checkbox"/> Rucksack liner (durable bin-bag/garden-waste-bag/rubble-sack) <input type="checkbox"/> Water bottle (some rucksacks come with a CamelBak, Playtpus or similar) containing water (Squash or isotonic drinks cannot be used for other purposes and attract insects) <input type="checkbox"/> Sleeping bag (3-4 season preferably) <input type="checkbox"/> Sleeping mat (can be cut in half for upper body only) <input type="checkbox"/> Torch (head torch preferable) <i>With <u>new batteries</u>, you shouldn't need to carry spares, or perhaps you can share spares between 2-3 people!?</i> <input type="checkbox"/> Personal medications <input type="checkbox"/> Whistle <input type="checkbox"/> Coins/phone card/mobile phone (topped-up & fully-charged) <input type="checkbox"/> Emergency contact numbers <input type="checkbox"/> Emergency rations (Kendal mint cake, chocolate, nuts, boiled sweets etc. these are NOT to be eaten as "sweets" these are for emergencies!) <input type="checkbox"/> Toothbrush (handle can be cut short) <input type="checkbox"/> Toothpaste (can be shared in group †) <input type="checkbox"/> Soap/shower-gel (in plastic bag, can be shared †) <input type="checkbox"/> Sun cream (can be shared †) <input type="checkbox"/> Cutlery (fork not necessary, knife could be your pen-knife) <input type="checkbox"/> Mug and bowl/plate (plastic or metal, do you need a bowl and a plate? Which would be more use if you had to choose one?) <input type="checkbox"/> Survival bag 	<p><u>Advised</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Tent(s) <input type="checkbox"/> Maps <input type="checkbox"/> Compass(es) <input type="checkbox"/> Route card(s) <input type="checkbox"/> Anything required for your project (recording and identification sheets, video-camera, spare batteries, etc.) <input type="checkbox"/> Stove(s) <input type="checkbox"/> Fuel <input type="checkbox"/> Pans (if not included with stove) <input type="checkbox"/> One or two forks for cooking (if none brought personally) <input type="checkbox"/> Matches (in waterproof container – film canister is ideal – remember the striking paper!) <input type="checkbox"/> Washing-up liquid <input type="checkbox"/> Sponge/scourer <input type="checkbox"/> A couple of bin-bags <input type="checkbox"/> Toilet roll (in plastic bag), or decide how many sheets you'll need each for 2 days and bring that many individually in your own plastic bag. <input type="checkbox"/> Antiseptic wipes or gel <input type="checkbox"/> First-aid kit (Waterproof container holding, assorted plasters, antiseptic wipes, large and medium wound dressings, triangular bandage, safety pins, gloves, crepe bandage, tweezers, plastic face shield, second skin) <hr/> <p><u>Food (see § over) and think about allergies †</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Breakfast(s) (x1 for Bronze, x2 for Silver) <input type="checkbox"/> Lunches (x2) <input type="checkbox"/> Hot Drinks & Snacks (cereal bars, soup, tea, coffee, sugar, powdered or UHT milk, etc.) <input type="checkbox"/> Evening meal(s) and dessert(s) (x1 for Bronze, x2 for Silver)
<p><u>Optional</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Cap or sun-hat <input type="checkbox"/> Woolly Hat (useful at night) <input type="checkbox"/> Gloves <input type="checkbox"/> Flip-flops (so you can take off your boots in camp) <input type="checkbox"/> Gaiters 	<p><u>Optional</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Sleeping bag liner (lightweight, warm & easier to wash than a sleeping bag, essential if you have a down (feather) sleeping bag) <input type="checkbox"/> Bivvy Bag <input type="checkbox"/> Flannel or washcloth <input type="checkbox"/> Talcum Powder (anti-fungal can be useful) † <input type="checkbox"/> Penknife (not a machete) <input type="checkbox"/> Camera <input type="checkbox"/> Cards or other evening activity <input type="checkbox"/> Small towel <input type="checkbox"/> Pencil and Notebook 	<p><u>Optional</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Insect repellent † <input type="checkbox"/> Vaseline † <input type="checkbox"/> Calamine lotion † <input type="checkbox"/> Group Shelter <input type="checkbox"/> Emergency light-sticks <input type="checkbox"/> Water purifying tablets <input type="checkbox"/> Duct / Gaffer Tape (good for temporarily mending almost anything) <input type="checkbox"/> String / cord <input type="checkbox"/> Extra bin bags <input type="checkbox"/> Space Blanket(s)

† If you are sharing lotions, potions and food, check for allergies among group members.

NOTES:

* Clothing Layers

Clothes keep you warm by trapping layers of air between them and, as you can always take-off or put-on one thin layer if you are a bit hot or a bit cold, several thin layers are better than one or two bulky items of clothing.

- The aim of a **base layer** is wick sweat away from the body while allowing freedom of movement. Polypropylene is the best as it provides warmth, good sweat wicking properties and is comfortable. Cotton T-shirts are OK up to a point, but hold sweat and can leave you cold and uncomfortable when you stop.
 - Helly-Hansens are ideal but expensive. Look for something that is warm and has good wicking qualities.
 - Socks, until recently, natural fibres (wool and cotton) were considered best; modern synthetic looped materials with extra padding around toes and heels are now considered superior. You can even buy waterproof socks! For some people a thin pair under a thick pair provide the best defence against blisters, EXPERIMENT.
 - A sports-bra may be more comfortable than a regular bra.
- **Middle layer Upper Body** clothing needs to trap warm pockets of air, be lightweight, wind resistant and dry quickly. One (if you are wearing an outer layer) or two thin woollen pullovers / lightweight fleeces are good. A woolly hat/balaclava and gloves are also necessary, even in summer, for emergencies or if it is cold at night.
- **Middle layer Lower Body** clothing should NOT be jeans which are heavy, absorb a lot of water, transfer heat away from the body when wet and they take a long time to dry. Shorts or tracksuit bottoms, combat trousers or lightweight walking trousers are good options. If you wear shorts, bring long trousers in your dry kit.
- An **Outer Layer** is not essential with good base and middle layers, but can be used to protect against drizzle and wind-chill, especially if your waterproof is not breathable. A thicker fleece/fibre-pile-jacket/sweater perhaps sprayed with a waterproofing fluid could fulfil this category.
- **The “shell”** should be waterproof! Ventilation is important. Hood draw-cords and Velcro cuffs, etc. are good features. Taped seams are also worth looking out for. Gaiters can be useful but if your waterproof trousers cover the laces of your boots they are not necessary.

‡ Packing Thoughts

- You have to carry what you pack, so take only what you will need. You can go without lots of things for 1-2 nights, for example a comb is smaller and lighter than a hairbrush but do you really need either? Some equipment over the page is followed by a suggestion which may save weight but will reduce your comfort level, you decide.
- Some people advise putting the lightest and most compressible items (sleeping bag) in the bottom of your pack graduating to the heaviest on the top. Others feel that this makes the pack too top-heavy which can make it difficult when walking on uneven ground or when stepping over stiles; they suggest first the most compressible, then the heaviest, then the medium weight items. Try to balance the weight left to right so there is not more strain on one shoulder all day.
- Another thing to consider is that you may want your tent and wet-weather gear easily accessible so that if it is raining you can get them out without spilling your dry clothes and sleeping bag all over the floor.
- You also don't want to put your liquid fuel or water next to your dry clothes, fuel particularly should go in a purpose-made bottle in a plastic bag and in a separate external pouch on your rucksack (away from your matches).
- Pack your kit yourself so that you know where everything is and don't have to spend time searching. In-fact, pack, unpack and re-pack several times.

§ Food Thoughts

- The most important thing is to bring food that will give you energy and that you like.
- You will probably only be getting the stove out at breakfast and the evening meal, lunches will be a standard packed lunch (sandwiches, nuts, cheese, dried fruit, cereal bar, malt-loaf, chocolate, crisps, etc)
- In a large group you may wish to split into smaller groups depending on what foods people like and/or their allergies †. Make sure you have lots of carbohydrates, you'll be burning the calories.
- Remove as much extraneous packaging from foods as possible; think about repacking some foods from tins and glass jars into plastic bags or Tupperware, but make sure the bags don't split in your rucksack!
- Silvers, your first evening meal will NOT need to be light, small or packed in your rucksack as you will be dropped at the farm. It needs to be able to be prepared on a camping stove however.
- Ask if you can take some sachets of salt, pepper and sugar from restaurants or coffee shops etc. Instant coffee can be bought like this also.
- EXPERIMENT, try foods at home before you go so that you know what you like and what you don't like.