

EXPEDITION KIT LIST - IMBERHORNE SCHOOL

PERSONAL KIT		GROUP KIT	
Rucksack - 65 Litres			
WALKING BOOTS (Cleated sole, must have ankle support) Trainers and Walking Trainers are not suitable!	*	MAPS 2 @ 1:25000 scale for area	
WATERPROOF/WINDPROOF JACKET	*	MAP CASES	
WATERPROOF/WINDPROOF OVER-TROUSERS	*	ROUTE CARDS	
	*	COMPASS (one per group)	
GAITERS (Optional – although are advised)	*	EMERGENCY CONTACT CARD	
SUN HAT	*	MOBILE PHONE & GPS Tracker	
WARM HAT & GLOVES			
WATER CONTAINERS (MUST HAVE 2 litres)	*	TENT	
SURVIVAL BAG	*	TRANGIA SET	
WHISTLE (Might be one built into your rucksack)	*	GAS	
EMERGENCY FOOD RATIONS (Sealed and marked)		MATCHES/LIGHTER (in waterproof container)	
Roll and Clip waterproof bags or Rucksack liner		WASHING UP LIQUID	
RUCKSACK COVER (Usually built into rucksack)		SCOURER	
WALKING SOCKS & SPARES (at least 2 extra)		WASHING UP CLOTH	
TROUSERS (No heavy cotton or jeans) – Do not need spares		SUNBLOCK	
UNDERWEAR & SPARES		RUBBISH SACK (1 per day)	
BASE TOP LAYERS (T-shirts)		TOILET ROLL	
TOP LAYERS (i.e. Fleeeces)		TROWEL (Gold Only)	
EATING BOWL or PLATE & MUG			
KNIFE, FORK, SPOON			
SPARE BOOT LACES			
WASH KIT / PERSONAL HYGIENE ITEMS			
HEAD TORCH & SPARE BATTERIES			
PEN/PENCIL & NOTEBOOK (Assessed only)			
CAMERA (if needed for aim work)			
WATCH			
PERSONAL MEDICATION (info must be on med form)			
SLEEPING BAG (in waterproof bag)			
SLEEPING MAT (in waterproof bag)			
FLIP FLOPS OR TRAINERS (for use on campsite only)			
PERSONAL FIRST AID KIT (see list below)			
First Aid Kit must include: 2 pairs latex gloves, variety of sterile wound dressings, triangular bandage (woven), antiseptic wipes, assorted plasters including blister plasters, burn wound dressing, eye wash, small scissors, tweezers, microporous tape			
			Tips: 1. A fully loaded rucksack should weigh approx. 12kg for Bronze, it will be more for Silver & Gold. 2. Waterproof all items in your bag. 3. Ensure boots are waterproofed and broken in. 4. * indicates school will provide these items. 5. No vest tops. Only long shorts.