



ERIK THE RED ESU

# EXPEDITION PERSONAL KIT LIST

Tick off each item. If you don't have an item, see if you can borrow it first before buying it!

## To Wear Walking

- Erik the Red Tshirt
- Walking boots
- Walking socks
- Shirt or long sleeved top
- Sweater or fleece
- Cotton trousers (warm, NOT jeans)

## Packed Kit

- Large rucksack (55 - 65 litres)
- Rucksack liner or 2 strong plastic bags
- Sleeping Bag (in waterproof bag)
- Sleeping Mat
- Survival Bag
- Personal first aid kit
- Watch
- Whistle
- Small notebook and pen/pencil
- Small Torch & spare battery (eg small Maglite or Petzl headtorch)
- Emergency food (Kendal mint cake, glucose tablets, nut bars etc, **not** to be eaten until the end!)
- Water bottle 1–2 litres (eg Sigg or strong plastic)
- Knife Fork Spoon set
- Plate/bowl
- Mug
- Box of matches in a sealed dry container, or FireSteel Scout
- Wash Kit with Toothbrush and Soap
- Small Towel
- Fresh underwear
- Fresh walking socks

- Fresh TShirt(s)
- Fresh shirt
- Fresh fleece
- Fresh trousers (also not jeans!)
- Hat
- Gloves
- Waterproof over trousers
- Waterproof cagoule
- Small Thermos Flask (Stainless Steel If Available)
- Silva Type Compass
- Tea Towel
- Plastic Map case
- 5 Plastic bags for wet clothes, rubbish etc
- Cheap Camera (optional)

## **GROUP KIT LIST**

### **Items to be distributed between team**

- Backpacking Tents (2 person) (provided by ETR)**
- Group shelters (provided by ETR)**
- Explorer map #122 1:25000 map (provided by ETR)**
- Trangias and fuel, or small gas stove and basic pan set (provided by ETR)**
- Scourer and washing up liquid
- Food (enough for group lunch and dinner on Saturday, and breakfast and lunch on Sunday, plus a few snacks to keep you going)

## **YOU WILL NOT NEED**

- Full Scout Uniform
- IPODs, Games machines, CD Players, laptops
- If you bring a mobile, it must be sealed in a bag and switched off during the expedition
- GPS