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KIT LIST

Got it	Packed it	Item needed	Some advice
		1 pair walking boots (broken in)	Over the ankle, good grip and laces
		2 pairs walking socks	Wool is a good material, do not spend too much, if you are worried about blisters then look for 1000 miler socks
		2 pairs sock liners (optional)	
		2 base layers (short sleeved)	From t-shirts to sports tops. Thin, no collar is advised
		Thermal base layer (long sleeve)	Depending on weather
		2 micro fleece tops or similar	This fleeces are better than thick ones for regulating heat. Available from £6.99
		2 walking trousers (warm, NOT jeans)	Options: sports trousers, zip off trousers, shorts in good weather
		Underwear	
		Nightwear	
		Flipflops/ sandals etc (optional for evenings)	Make sure they are light
		Warm hat &/or sunhat (as	
		1 pair gloves (if appropriate)	If you suffer from cold fingers, Mittens are better
		1 pair shorts (if appropriate)	
		Sunblock (if appropriate)	Please make sure you have this if the weather looks good
		1 pair gaiters (optional)	
		Waterproof over-trousers	Very useful even in good weather to block wind when wearing shorts. Cheap pairs are adequate
		Jacket (waterproof & windproof)	Flap over the zip, a hood (with wire is advisable) and TAPED SEAMS.

PERSONAL KIT

Got it	Packed it	Item needed	Specific items we recommend
		Rucksack	65 Litres (We can provide a good Lowe Alpine one for £90_ you can pick more affordable rucksacks up for as little as £15.
		Rucksack liner (or 2 strong bin liners)	Lining your rucksack is essential
		Sleeping mat	Roll matts for £5 are adequate or a thermarest are also very good but more expensive
		Sleeping bag	3 Season is strongly recommended. A mummy sleeping bag with a hood.
		6 Bin Liners	Bring plenty and as a group consider buying different
		Notebook & pen/pencil	...
		Survival bag	

...continued

Got it	Packed it	Item needed	Specific items we recommend
		Watch	
		Whistle	
		Head Torch	Head Torch only please. We can supply a very good head torch for just £25
		Spare batteries & bulb for torch	
		Personal first aid kit (see below)	
		Emergency food rations	You will be taught about this on your training
		Water bottle (1-2 Litres)	Any type is fine.
		Knife, fork, spoon	Or a Spork
		Small pocket knife/pocket tool (optional)	
		Plate/bowl	
		Mug	
		Box of matches (in waterproof container) or a lighter	
		Wash kit/personal hygiene items (some items could be shared as a	
		Towel	SMALL

PERSONAL FIRST AID KIT

A good first aid kit will include the following:

Got it	Packed it	Item needed
		At least 2 pairs of disposable vinyl (latex-free) disposable gloves
		A large individually-wrapped sterile unmedicated wound dressing
		An individually wrapped sterile unmedicated wound dressing
		An assortment of individually wrapped sterile unmedicated adhesive dressings (e.g. Melolin)
		An individually wrapped triangular bandage
		2-3 individually wrapped antiseptic wipes
		Crêpe bandage
		Large safety pins
		Small pair of safety/medical scissors
		A pair of tweezers
		Assorted adhesive plasters (e.g. zinc oxide, fabric strip, waterproof)
		Microporous (medical) adhesive tape
		Blister plasters
		Chiropody felt
		Burns wound dressing
		Eye wash (can also act as a wound wash)

BXM Expeditions are always happy to help with advice on kit and tips on how to save money and where to go. Always remember you get a discount card when you sign up to DofE and never forget GO OUTDOORS.

Email us: info@bxmexpeditions.co.uk