

Expedition Gear List - Must have all items to Attend

Do not buy any items. Ask at hall for them.

<i>Item</i>	<i>Comment</i>
Rucksack	This must be 50 to 65 lts in size. No bigger Line inside of bag with Black bag
Sleeping Bag	Light, warm and packs small enough. Has to have a stuff sack
Sleeping mat	Ridge mat or Thermarest is preferred (normal sponge mat will do)
Mountain Boots	Must have. Should be waterproof and Comfortable
Rain Jacket and Leg ends	Waterproof with hood. Not too heavy. Must have a hood Has to be breathable material Scout Jacket not recommended. (Regetta, Gilert, sporthouse etc.)
Warm Jacket	Zip fleece jacket (this is different to Rain coat) 3rd Cork
2 pairs Pants	Comfortable Walking pants. Light and quick drying. (no jeans)
T-shirt	2 in total
Underwear	2 pairs
Comfortable Sock	2 pairs of socks. Test these with your boots before you hike
Hat	Essential on the hills. Keeps you warm
Head Torch	Energiser type with good batteries (3 per patrol)
Wash kit	Small tubes of toothpaste, shampoo etc should be brought. No big bottles
Towel	No big beach towels to be brought. Bring a hand towel
2 neckerchiefs	One to be worn on bases & on site
Raft bags	Put all of the above into these

Remember : you also have to carry Patrol gear such as tent, cooker, pots, food etc.

Pack very well and DO NOT leave anything out : Be prepared.

Stay as dry as you can for as long as you can