



This list is not exclusive and many need adapting depending upon the type of expedition and the time of year the expedition takes place.

Roughly a 60 litre bag, if you have an extendable top which adds 10 litres (total 70l) this should be fine for putting waterproofs under on dry days and compresses when they are being worn.

Bigger bags can be bought but be aware most people have the ability of filling their bag whatever the size, more stuff adds more weight.

It's hard to fit everything into the bag but it is better to get everything inside, it's tough to make it fit and will need a few times of packing it to get the best way nailed for you.

It's important to keep kit dry on the expedition, Rucksack covers help to reduce water on your bag and limit egress. Using liners will further help this by stopping water once it creeps in.

This can be a large black bag (if using black bags bring a new one for each day) lining the whole inside, even better would be a big rubble bag which is a lot thicker and will last more than one day.

Then if your budget allows you can get large dry bags to use as a liner.

Inside the bag liner there are essential pieces of kit which can not get wet, so if you think there is anything fitting this description add those to a separate bag as well inside making it doubly waterproof.

Some items which need to stay dry for your safety are:

Sleeping bag

Spare set of clothes

Clothing list to wear walking:

- Foot wear:

Walking boots will be needed for tougher terrain out of the lowlands.

- Clothing choice for the weather,

Think about the cold/ heat/ sun protection/ wind (they may get wet so jeans are not good, walking trousers tend to dry quickly if they get splashed, fleece works well)

- Waterproofs top and bottoms

- Hat warm / sun

Clothing list to put in your bag:

Think about how many days you are out for?

- Smalls, fresh sets every day + a spare set of extra socks in bed are nice.

- Clothes think how many days you are out.

It is possible to wear the same trousers and top every day but there must be a minimum of 1 full spares in your bag for camp. I generally work on the principle of 3 sets for any length trip.

Wears

Spares

Sleeps

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Kit List:

- Set of clothing to walk in
- Full set of spare clothing
- Emergency set of clothes
- If heading out for more days add extra smalls to cover the trip.
- Hat + Gloves (sun hat/ warm hat)
- Waterproof top and bottom. Check they are waterproof not water resistant or may be, as keeping warm and dry is essential in uk bad weather.
- Night clothing - this can be your emergency clothes.
- Walking boots
- Shoes for camp optional (Trainers or sliders is what what some people like)
- Wash kit
- Personal med kit
- Sun cream
- Toilet paper (+ nappy bag/ doggy bag so no littering)
- Sleep bag (think of the sleeping bag rating 3 season for most stuff UK)
- Sleep mat (yoga mats are typically heavier than camping mats)
- Personal snacks (Treats) + (some emergency bit which never get used unless emergency)
- Drink bottle (2 litre)
- If wild camping water filters are needed
- Camera Optional
- Torch (spare batteries)
- Lighter/ matches for lighting the stove
- Sunglasses (Optional)

GROUP KIT

- Tent
- Stove / Fuel
- Food
- First aid kit
- Maps / Compasses
- Safety phone + charging bank
- Emergency repair kit, a few cable ties and a little bit of gaffa tape. 1m wrapped around an old card is enough for tent repairs.

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