

EXPEDITION KIT LIST

updated January 2024
(replaces all previous versions)



Group kit – This is supplied by Deptford Green School

- 3-person tent
- First aid kit
- 50L rucksack
- Sleeping bag
- Camping stove
- Compass and mapping equipment

Personal kit – This needs to be purchased

- **1 pair of walking boots** – these must be broken in, recommend buy 2 months before expedition.
- Minimum of 2 pairs of walking socks
- Waterproof coat
- At least 2 comfortable walking outfits (tops, walking trousers, underwear). **No jeans.**
- Pyjamas
- Flip flops to wear around the campsite
- Wash kit (soap, toothpaste, towel)
- 2L refillable water bottle (no other drinks permitted; these will be confiscated)
- Torch
- Cutlery
- Food (see list on school website)
- Tin opener
- Tea towel
- Insect repellent
- Small amount of money, no more than £15

Additional considerations

You will be carrying all this equipment for the duration of your hike so make sure your **rucksack isn't too heavy. Wear your rucksack around your house for 20 minutes to check that it is not too heavy.** Those who overpack always have **blisters** and **don't enjoy the expedition!**

If the weather is hot, sun cream and hat are required.

Some items on the **personal kit list can be purchased as a group** e.g., groups will not need more than 2 torches between them.

The **campsite will have toilet and shower facilities.**