

# EQUIPMENT LIST

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Regardless of your past experiences, this equipment is the minimum required for expeditions undertaken with Chase Training Solutions and is based on the recommendations of the DofE.

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## To Wear Walking

- 1 x pair Walking Boots (broken in) and spare laces
- 1 x pair Walking Socks
- 1 x pair Thin Socks / Sock Liners (optional)
- 1 x Thermal Top or T-shirt
- 1 x Microfleece / Sweater
- 1 x Walking Trousers (warm; NOT jeans)

## Personal Kit (To Carry)

- 1 x Large Rucksack (approximately 65 litre capacity)
- 1 x Rucksack Liner (or 2 x strong, large plastic bags)
- 1 x Sleeping Mat
- 1 x Sleeping Bag
- 1 x Waterproof Bag (Dry Store Bag) (for storing sleeping bag)
- 1 x Sleeping Bag Liner (optional)
- 1 x Survival Bag
- 1 x Personal First Aid Kit
- 1 x Watch
- 1 x Whistle
- Small quantity of money (optional)
- 1 x Notebook and Pen / Pencil
- 1 x Torch, spare batteries and bulb (e.g. small Maglite or Petzl headtorch)  
(spare bulb not required for LED torches)
- 1 x Water Bottle / Carrier (e.g. Sigg, Nalgene, Platypus or strong plastic)
- 1 x Knife, Fork, Spoon set / Spork
- 1 x Plate, Bowl, Mug set
- 1 x box of Matches/ lighter (sealed in a dry container or bag)
- 1 x Small Wash Kit
- 1 x Small Towel
- Antibacterial Hand Sanitizer Gel
- 1 x Insect Repellent (optional)

## Personal Kit (To Carry) - Continued ...

- 1 x Waterproof and Windproof Jacket
- 1 x Waterproof Over-trousers
- 3 x pairs Underwear
- 2 x pairs Walking Socks
- 2 x Thermal Tops or T-shirts
- 1 x spare Microfleece / Sweater
- 1 x spare Walking Trousers (warm; NOT jeans)
- 1 x pair of Trainers / Alternative Footwear (optional)
- 1 x Hat (warm)
- 1 x pair Gloves (warm)
- 1 x pair Shorts (if appropriate)
- 1 x Sunhat
- 1 x bottle of Sun Cream
- 1 x pair Gaiters (optional)

## Team Kit

- 2-3 x Tents
- 2-3 x Camping Stoves (& fuel, in a safe container)
- 2-3 x Cooking Pots (if not incorporated in stove e.g. Trangia)
- 2 x Scourers / Washing-up Materials
- 2 x Tea Towels
- Food (small & lightweight, as per menu planner)
- 2 x Maps of the area
- 2 x Map Cases (one for each map)
- 3 x Compass (Silva / Recta type)



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