



## Personal Kit List - April 2018

Tick off the items as you pack them into your rucksack. Remember you will need to leave room for group equipment like tents, so think **light** particularly with the clothing and also food (just take the amount of pasta to cook!)

Remember to put things in plastic bags so that they don't get wet if it rains!

<b><i>Rucksack 55+litres</i></b>	
Rucksack liner or bin bag to put everything in before putting in your rucksack	
Sleeping Bag (Place in a plastic bag as this must be kept dry)	
Sleeping Mat (wrapped in a bin bag if tied on top of your rucksack)	
Bowl/plate/Mug/Knife/fork/spoon	
Watch - make sure you have at least one in your group!	
Torch - handheld or head torch and batteries	
<b><i>Whistle</i></b>	
Notebook/pen	
Waterproof Jacket & Trousers	
Water Bottle - refillable	
Mobile Phone ( <b>emergencies only</b> ) - put in a plastic bag tucked away in your rucksack <b>not to be used</b>	
Walking Boots - please wear in before the expedition	
2 pairs Thick Socks	
2 T-shirts/Long sleeved shirts/T-shirts	
Jumper/Micro Fleece	
Walking Trousers (not jeans - <b>ONLY SPORTS LEGGINGS</b> allowed)	
Underwear and Nightwear	
Spare lightweight flipflops/pumps/sandals/crocs - optional for evenings	
Sun Hat/Woolly Hat & Gloves/Scarf/buff (Will be cold at any time in the night)	
Loo Roll/packet of tissues (for emergencies!)	
Wash Kit - toothbrush/paste/soap (carried in a small plastic bag)	
Small Towel or micro towel	
Camera (optional for practice, <b>but one per group for the assessment</b> )	
Sun Cream and Lip Salve	
Washing up Liquid and Pan Scourer/Brillo pad & Tea Towel	
Playing cards, or small game for entertainment for the evening!	
<b><i>Tent as discussed in Training</i></b>	
Food as discussed at Training	

Maps and First Aid Kits will be provided by school. The other items in ***bold italic*** can be provided by school if needed, but you need to let us know. You will need to bring your own personal medication with you, in a plastic bag, in the original packaging and instructions.

Please contact Mrs J Wood: 01295 720777 - [j.wood@warriner.oxon.sch.uk](mailto:j.wood@warriner.oxon.sch.uk)

***Please remember to show your DofE card at shops as a lot of people will give you 10% discount, particularly Mountain Warehouse in Banbury who also do a lot of buy one, get one free! Blacks, Go Outdoors and Millets also provide discount on sale items too!***