

## Equipment list

### General:

Watch  
Whistle  
Compass  
Map  
Map case  
Water bottle (2 litre)  
Tent  
Rucksack  
Waterproof rucksack liner  
Notepad & Pen  
Study equipment  
Sewing Kit\*  
Sleeping Bag  
Sleeping Bag Liner\*  
Roll Mat  
First Aid Kit (see right)  
Camera & Film\*  
Torch  
Trowel  
Rubbish bags

### Cooking:

Stove  
Fuel  
Pots/pans  
Food (menus for duration)  
Washing up liquid (in small bottle)  
Sponge/cloth  
Tea towel  
Lighter/matches  
Plates/mug/Cutlery

### Clothing:

Woolly hat  
Gloves  
Warm Jacket  
Sun hat/Cap  
Waterproof jacket  
Waterproof trousers/gaiters  
Light weight walking trousers  
T-shirts  
Jumper  
Socks  
Underwear  
Spare clothes for additional days  
Boots

### Toiletries:

Toothbrush  
Toothpaste  
Soap\*  
Brush\*  
Personal toiletries  
Toilet paper  
Tissues  
Towel/Pack towel  
Sun screen (>Factor 15)\*\*

### Personal extras:

Book/playing cards\*  
Frisbee, Tennis ball etc...\*  
Sunglasses\*

**Please be aware the use of mobile telephones during your expedition is prohibited. If brought phones must be wrapped in waterproof bag/box and sealed.**

### Emergency:

Emergency Rations  
Emergency Information leaflet (see induction pack)  
Emergency shelter/bivvy bag  
Notepad & Pen

### First Aid Kit:

Waterproof case  
Assorted plasters or strip\*\*  
Antiseptic cleansing wipes \*\*  
Surgical tape \*\*  
Selection of wound dressing  
Crepe bandage  
Triangular bandage  
Bite/sting cream \*\*  
Blister pack, e.g. Compeed  
Pain-killers \*\*  
Surgical gloves, pair \*\*  
Small safety pins, 6  
Scissors blunt ended  
Tweezers  
Insect repellent\*\*

**\*\*Please check if any of your group has an allergic reaction to these items**

\* Optional equipment. This is a very comprehensive kit list, and some kit may be shared or is left to your own preference. **Your own and your groups safety is the most important factor to consider.** There may be items you want to bring from your own experience or ingenuity - each expedition is a learning experience for everybody.



**South Edinburgh  
Open Award Group**