

Lees Brook School Silver D of E Kit List

It is vital to keep weight and volume to a minimum

Personal kit Provided by Student		
Item	Description	Check
1	Camp food - Dependant on expedition length. See relevant letter or speak to your leader.	
2	Emergency food (wrapped in plastic bags and labelled e.g. cereal bar, nuts, dried fruit, jelly)	
3	Flip flops / plimsolls for at campsite	
4	Hat - baseball cap in hot weather & woolly hat in colder weather	
5	Gloves (for cold weather expeditions)	
6	Knife, fork, spoon, bowl & mug - small & light weight (plastic only)	
7	Bin bags x4 - For keeping things dry & rubbish etc.	
8	Personal medication (if applicable)	
9	Sun cream (high factor - essential if hot weather)	
10	Toiletries (Travel size) (toothbrush / paste, toilet paper, hand sanitiser)	
11	Torch – with full batteries	
12	Hand towel (small)	
13	Walking clothes - plus one spare set (t-shirt / shorts / tracksuit bottoms / fleece / underwear) NO JEANS	
14	Walking socks (two pairs)	
15	Watch	
16	Water bottles - plastic ideally; 2 x 750ml bottles or 2 x 1 litre bottles	
17	Whistle for emergency help	
18	Personal first aid kit – including Compeed Blister Plasters	
19	Survival bag (e.g. Hi Gear Survival Bag from Go Outdoors £2.25)	
20	Emergency blanket (put in carrier bag with name on – transported in the minibus should your youngster get cold at night)	
21	Hot Water Bottle (Optional for cold weather expeditions - transported in the minibus)	

Group kit One Per Walking Team		
Item	Description	Person responsible
22	Brillo pads / washing up liquid in a small bottle	
23	Matches (in waterproof container) no lighters	
24	Old dish cloth & tea towel	
25	Tin opener (if needed)	
26	Wooden spoon	

Kit available to loan from school (or provide yourself)

We have limited supply. Please email Mr Waterhouse before the reply date of this letter with your requirements: AWaterhouse@leesbrook.co.uk

Item	Description	Check
27	Hiking Boots - High enough sides to protect from ankle injuries	
28	Sleeping bag (2 season for summer expeditions and 3 season for spring / autumn expeditions)	
29	Waterproofs - coat and over trousers. Coat must have attached hood. Breathable fabric and fully waterproof.	

Kit provided by school This kit will be provided to all students.

Item	Description
30	Carry roll mat
31	Trangia stove & Gas Bottle
32	Light weight backpacking tent
33	Rucksack (65L) - (you can provide your own rucksack)

It is important to bring suitable clothing for unpredictable weather. Day 1 could be torrential rain and very cold with Gale force winds day 2 could be warm and sunny. Be prepared! Should you have any questions, please ask your leader.