

Personal kit Provided by Student		
Item	Description	Check
1	Camp food – 1 dinner, 1 breakfast, 2 lunches	
2	Emergency food (wrapped in plastic bags and labelled e.g. cereal bar, nuts, dried fruit, jelly)	
3	Plimsolls or light / compactable trainers 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 approx.)	
20	Emergency blanket (put in carrier bag 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. Must be fully waterproof.	
28	Compact Sleeping bag. (2 season for summer, 3 season for spring / autumn expeditions). Must be in compression sack	
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	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.