



SHARPLES
SCHOOL

Expedition Kit List

**Items lent by the school to all students

* Items which can be lent by the school, subject to availability

Clothing:-

- Walking boots. *
- Socks (2 pairs of thinner socks and two pairs of thicker socks).
- 2 t-shirts.
- 1 or 2 jumpers, hoodies or fleece tops.
- 1 or 2 pairs of walking trousers or tracksuit trousers or leggings (not jeans).
- Underwear.
- Nightwear. These could be tomorrow's spare t-shirt and underwear.
- Flip-flops/trainers/sandals (optional – for the campsite).
- Warm hat or sunhat (as appropriate).
- 1 pair of gloves (if appropriate).
- 1 pair of shorts (optional).
- Waterproof over-trousers. *
- Waterproof jacket with hood. *
- Strong plastic bag to keep your spare clothes dry inside your rucksack in heavy rain.

Cotton versus Polyester/Acrylic – Cotton or wool clothing will be sweatier to wear in warm weather carrying a big rucksack. They will also be slow to dry when they get wet and they won't keep you warm. Polyester/acrylic (like sports wear and fleeces) are better for walking and camping. Jeans are definitely to be avoided. Otherwise, we aren't saying go and buy new clothes specially, but bear this in mind if you have choices in your wardrobe.

Personal Kit:-

- Map, map case & compass. **
- Large rucksack (65 litres or so). *
- Strong plastic bags to keep spare clothes dry inside the rucksack.
- Sleeping bag (2 or 3 season). *
- Sleeping mat. *
- Cotton sleeping bag liner (to save washing your sleeping bag so often). *
- Empty pillow case (put your jumper in it and use it as a pillow).

- Whistle (many rucksacks, including those lent by the school, have a whistle built in).
- Torch with batteries (or wind up).
- Personal first aid kit (some plasters including blister plasters are sufficient – Compeed blister plasters or similar).
- Expedition food for two packed lunches, one breakfast and the hot meal on Saturday evening, plus snacks and emergency rations (meal planning and carrying can be shared within the group). For Silver, three packed lunches, two breakfasts and two evening hot meals are required.
- Water bottle (500ml or 1 litre).
- Cutlery (an old fork & spoon from home are fine). See Rule on Knives (below).
- Small wooden or plastic spoon for stirring.
- Plastic plate or bowl (depending on your choice of food – you probably don't need both).
- Mug (a plastic mug or even a child's plastic beaker is fine).
- Box of matches in a waterproof container (small box of ordinary matches is fine – if it is wet and windy then we will have specialist matches available).
- Wash kit, soap, toothbrush (100ml mini airport security type bottles are easy to carry shampoo, etc) Some items like toothpaste can be shared within the group.
- Sunscreen.
- Insect repellent.
- Small hand towel.

Rule on Knives – Sharp cutting knives, kitchen preparation knives and pen knives are not allowed to be brought or carried by students. Students can borrow cutting knives for food preparation at the campsite from school staff if needed. Blunt spreading knives are allowed. If in doubt, please ask a teacher at the start of the expedition.

Group Kit (to carry between the team of 5 or 6):-

- Tent (lent by school – two 3 person tents per group). **
- Camping stove and 200ml gas cylinder (both lent by school – two per group). **
- Cooking pans (included within the stoves). **
- Washing up scourer and washing up liquid (again, 100ml bottles are handy here).
- Plastic bags (for rubbish, etc).
- Camera (optional).
- Mobile phones – at least 2 within the group, for emergency contact.

Rules on mobile phones – many DofE groups do not allow these at all. We do allow them, but only for emergency phone calls and for taking photographs. In particular, students are not allowed to use their phones to listen to music, play games, to access social media or to use online or gps mapping services. If these rules are broken then the phone may be confiscated until the end of the expedition.

In particular, we want students to use their own map skills and to focus their attention on the landscape and nature around them and to talk and listen to their team mates.