

Expedition Hike Kit List



1 What to wear

- Baselayer top
- T-shirt (for evening wear)
- Midlayer top (such as fleece)
- Walking trousers
- Shorts
- Walking boots
- Thick walking socks
- Sock liners (optional)
- Waterproof jacket
- Waterproof over trousers (depending on conditions)
- Hat (depending on conditions)
- Gloves (depending on conditions)
- 50-65l rucksack

2 Group Equipment (to be divided)

- Gloves (fingerless/full length)
- Tent
- Camping stove(s)
- Camping stove fuel
- Cooking pots and pans
- Cleaning equipment
- Food (small and lightweight)
- Rubbish bags

3. Optional Extras

- Extra shelter
- Binoculars
- Cameras
- Money (in pouch)
- Survival pack
- Stuff sacks

4. Essentials

- Rucksack liner
- Sleeping mat
- Sleeping bag (suitable for conditions)
- Sleeping bag liner (optional)
- Survival bag
- Personal First Aid kit
- Watch
- Whistle
- Map & compass
- Map case
- Notebook and pencil
- Torch
- Spare torch batteries
- Emergency food rations
- Food/lunch boxes
- Water bottle (1-2l)
- Small pocket knife
- Knife, fork, spoon
- Plate / bowl / mug
- Box of matches (in sealed container)
- Small wash kit
- Small towel
- Spare underwear
- Spare walking socks
- Spare t-shirt
- Spare midlayer top
- Gaiters (optional)

You may choose to modify your kit dependant on the planned activity.