

EXPEDITION EQUIPMENT LIST.

PERSONAL CLOTHING.

Strong boots & spare laces  
2 prs. thick wool socks  
heavy trousers  
anorak  
string vest  
long pants

Thick shirt  
two pullovers  
bobble hat  
gloves  
scarf  
cagoule or other waterproof.

CLOTHING CHANGE.

2 prs. socks  
pair trousers  
vest  
pants

shirt  
pullover  
plimsolls

PERSONAL EQUIPMENT.

rucksac  
sleeping bag and liner  
towel  
toilet kit  
notebook and pencil  
torch  
whistle  
OS Map 115  
3 x 5p. coins

cutlery  
plate and dish  
mug  
water bottle  
matches  
handkerchiefs  
toilet paper  
emergency rations.

GROUP EQUIPMENT (per two boys).

one tent complete with flysheet,  
ground sheet, spare pegs & guys,  
stove & fuel & prickers,  
kettles or cooking pots.  
tin opener.

silva compass  
first aid pack  
trowel  
sheath knife.

FIRST AID KIT (per two boys).

tin assorted plaster  
small pkt. lint  
small pkt. cotton wool  
2" roller crepe bandage  
1" reel zinc oxide plaster  
antiseptic cream

Paracetamol  
Milk of magnesia tablets.  
safety pins  
needle & cotton  
scissors  
triangular bandage

CHLORINATING TABLETS.

SUGGESTED EMERGENCY RATIONS PER PERSON AT GOLD LEVEL.

4 oz. Kendal Mint Cake.  
2 oz. plain chocolate  
2 oz. milk chocolate  
2 oz. glucose sweets  
4 oz. nuts and raisins.