



The Youth & Community Partnership CIC (YCP)

EXPEDITION EQUIPMENT

CLOTHING ITEM	RECOMMENDATIONS
Walking Boots	Should be well broken in prior to expediting.
Socks	Through experience – Participants rarely carry enough socks! We would recommend at least 2 pairs for each day.
Underwear	Complete change for each day
Trousers / shorts	1 x spare pair – combats / cotton pants / shorts are appropriate(at Gold this may increase) – JEANS MUST NOT BE WORN at any time due to the chafing problems they cause when wet.
T-shirt	1 x spare (at Gold this may increase)
Nightwear	Most participants don't carry PJ's – they choose to sleep in underwear / T-shirt
Fleece / Warm Top	X 1 participant must use their waterproof jackets at the first sign of rain!
Old footwear	1 x spare pair of trainers / flip - flops must be carried for wearing around camp.
Warm Hat & or Sun Cap	As appropriate to weather forecast – please remember participants will be walking in the elements for at least 6/7/8 hours a day ! (depending on level)
Gloves	As appropriate – can get cold at night!
Gaiters	If owned – can be worn but not a necessity.
Waterproof Coat	Must be carried whatever the weather.
Waterproof Over Trousers	Must be carried whatever the weather.

PERSONAL KIT	RECOMMENDATIONS
Rucksack	65 Ltr
Min of 5 black bin liner bags	Participant must line bags as most rucksack aren't waterproof
Sleeping / Roll Mat	x 1
Sleeping Bag	2 season sleeping bag.
Min £2.00 in Loose Change	In case of real emergency participants may need to contact workers via a public phone.
First Aid Kit & Personal FA	A basic FA kit is required – these can be purchased from the £1 shop – in addition participants MUST carry any personal medication for conditions such as: Asthma / Hay-fever / Painkillers. 'YCP' are unable to provide participants with painkilling tablets / plasters / anti histamines! In case of blisters occurring – 'Compede' plasters or the equivalent are highly recommended!
Notebook/ Pencil & Small Clear Plastic Bags	Participants WILL need these to leave messages for workers at checkpoints. Clear sandwich bags are ideal for keeping messages dry !
Watch	We do not recommend that participants carry mobile phones –therefor it is necessary for at least 1 member of each walking group to wear a wrist watch.

Torch	Each participant will need a torch – this can be a hand held or head torch powered by battery or the wind-up type. Spare batteries may be useful too!
Water Bottle	A 1L water bottle must be carried. Workers will re-fill bottles throughout the walks. We discourage you from carrying ‘Power’ / Fizzy’ drinks as these are not going to help to keep up hydration.
Knife / Fork / Spoon	Plastic – Groups have been advised on the appropriate items available from £1 shop
Plate / Dish / Mug	Plastic – Groups have been advised on the appropriate items available from £1 shop
Box of Matches	Can be regular / Safety / Long / Waterproof variety – please ensure they are packed in a plastic bag to protect from rain!
Wash-Kit	Basics- Toothbrush & paste / soap / roll on deodorant / toilet roll Small towel
Cleaning Kit	Tea towel / ‘Brillo’ Pads or Scourer / Small amount of washing up liquid.
Sun Protection Cream	PLEASE ensure you carry sun protection as sun can affect participants in all weathers.
Plastic carry bags	X3 for collection of rubbish throughout walking and camping.

GROUP KIT	RECOMMENDATIONS
Tent	Shared between 2/3
Camping Stove	Shared between 2 – Trangia cookers with gas adaptors
Gas Fuel for Cooking	Shared between 2 – Participants advised of size – PLEASE ensure the SCREW ATTACHMENT variety of gas bottle is purchased. The cheapest suppliers we have found are ‘The Range’ although Tesco and camping stores do sell them.
Maps / Map Cases / Route Cards	Provided by ‘YCP’
Emergency Contact Cards	Provided by ‘YCP’
Checkpoint Notices	Provided by ‘YCP’

FOOD	Bronze
2 x Packed Lunches	EG: Sandwiches / wraps / fruit / crisps / choc bars
1 x Breakfast	EG: Cereal / Instant porridge pots / Bacon or Sausage baps / Instant hot choc
1 x Main Meal to Cook	EG: Pasta or Rice dishes / Fried bacon, sausage with instant mash / Hot choc
	Silver
4 x Packed Lunches	EG: Sandwiches / wraps / fruit / crisps / choc bars
1 x Breakfast	EG: Cereal / Instant porridge pots / Bacon or Sausage baps / Instant hot choc
2 x Main Meal to Cook	EG: Pasta or Rice dishes / Fried bacon, sausage with instant mash / Hot choc
	Gold
4 x Packed Lunches	EG: Sandwiches / wraps / fruit / crisps / choc bars
3 x Breakfast	EG: Cereal / Instant porridge pots / Bacon or Sausage baps / Instant hot choc
3 x Main Meal to Cook	EG: Pasta or Rice dishes / Fried bacon, sausage with instant mash / Hot choc
	On the Gold qualifying expedition an extra days food maybe needed as groups may be asked to go a day in advance.

Disclaimer

- The loss of, or damage to equipment provided by ‘YCP’ will also incur a repair / replacement cost.
- Participants have been advised not to pack any electronic items including mobile phones & iPod’s etc. ‘YCP’ will not be liable for the loss or damage to any such items.

We hope that this information is helpful to you.