

KIT LIST

Got it	Packed it	Item needed	Some advice
		1 pair walking boots (broken in)	Over the ankle, good grip and laces. Keywords – Mid Stiffnes Sole, Vibram Sole, Gore-tex
		2 pairs walking socks	Wool is a good material, do not spend too much, if you are worried about blisters then look for ‘1000 mile socks’
		2 base layers (sleeves dependant on weather)	From t-shirts to sports tops. Thin, no collar is advised. For long sleeve, look for thermal attributes. NO Cotton
		Thermal base layer (long sleeve)	Depending on weather
		2 micro fleece tops or softshell jackets.	Thin fleeces are better than thick ones for regulating heat. Softshell jackets block the wind well.
		2 walking trousers (warm, NOT jeans)	sports trousers, zip off trousers, shorts in good weather. Must have at least one pair of trousers if wearing shorts.
		Underwear	No description needed
		Nightwear	Keep it thin and ensure it is kept dry. (Weight saving tip – wear your spare clothes)
		Flip-flops/sandals etc. (optional for evenings)	Make sure they are light.
		Warm hat and/or sunhat (as appropriate)	Hats are important, everyone likes to see different hats.
		1 pair gloves	If you suffer from cold fingers, Mittens are better.
		1 pair shorts (if appropriate)	Weather dependant.
		Sun-cream or sunblock (if appropriate)	Please make sure you have this if the weather looks sunny.
		1 pair gaiters (optional)	Optional but advisable for walking in Brecon Beacons, Exmoor, Dartmoor, Chilterns and Scotland.
		Waterproof over-trousers	A cheap pair is adequate. They are very useful even in good weather to block wind when wearing shorts.
		Jacket (waterproof & windproof)	A good hood (with wire is advisable) and TAPED SEAMS. Breathable attributes are really advisable at Silver and Gold level. Keywords – Waterproof zip, storm flap, Gore-tex,
		Buff or neck scarf	A crucial bit of kit, available at a great price direct with BXM Expeditions on the website.

Got it	Packed	Item needed	Specific items we recommend
		Watch	Digital is better
		Whistle	
		Head Torch	Head Torch or chest torch only please.
		Spare batteries for your head torch	
		Personal first aid kit	Available via the BXM Expeditions website.
		Water bottle (2 Litres)	You need to bring two 1 litre bottles filled with water on arrival day. In extreme hot weather, you should bring three.
		Knife, fork, spoon	Or a Spork
		COMPASS	The longer the edge on the side, the better. No keyring or Christmas cracker compasses please.
		Mess Tin	You will need to cook in this and eat out of it so metal with a handle. Available via the BXM Expeditions website.
		Mug	
		Box of matches (in waterproof container) or a lighter	
		Wash kit/personal hygiene items (some items could be shared as a group)	
		Towel	SMALL travel towel

Got it	Packed	Item needed	Specific items we recommend
		Rucksack	You will not need a bigger rucksack than 65 litres. Make sure it fits you well. It will not be waterproof!
		Rucksack Liner	ESSENTIAL
		Sleeping Mat	Foam ones are fine, self inflating are a little more comfortable.
		Sleeping bag	Must be 3 season. Avoid down fills. Look for a comfort temperature 3 Degrees or lower.
		Dry bags	This is to keep your gear dry in your rucksack. Bin liners work great too.

BXM Expeditions are always happy to help with advice on kit and tips on how to save money and where to go. Always remember you get a great discount at Go Outdoors when you are buying for DofE.

We also sell Mess tins, buffs and first aid kits via our website. www.bxmexpeditions.co.uk

If you have any questions, email us: info@bxmexpeditions.co.uk

BXM Expeditions provide you with:

- A Tent – You are welcome to bring your own.
- A cooking stove to put your mess tin on
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