



Clothing:

Sports type trousers plus spare
Sports T-shirts plus spares (football shirt-type material)
Warm layer (fleece material or similar)
An extra warm layer for evenings at campsite
Sun hut and sun cream (min spf 30)
Warm hat & gloves
Liner socks and walking socks (one per day)
Walking boots with laces long enough to do up securely

Equipment:

Long Cooks matches
Plastic plate/bowl and cutlery
Washing up provision
Wash kit and small towel
Small first aid kit
Any personal medication
2x 1litre drinks bottles
Sleeping bag (at least two season)
3 x AAA batteries for head torch – or your own torch

Food:

You should have clearly defined meals for each day, plus snacks to eat whilst you are walking. You should not run out of food at any point. You should always have an emergency ration stowed away, only to be eaten in an emergency if you have no other food. Remember the main points when buying food:

- Pack light (don't add tins, or jars that weigh a lot, or even hydrated items if dehydrated is an option).
- Bring food that cooks quickly (e.g. quick cook pasta) - things that take a long time to cook use a lot of stove fuel and you won't appreciate waiting longer for food after you've been walking all day.
- Bring food that can safely be stored out of refrigeration...things like fresh milk, fresh meat and dairy products etc. There are alternatives like powdered milk which last a long time and do not weigh very much and you can bring meat that is smoked/cured eg. Pepperami/salami and small pots of tuna.
- Avoid bulky food and containers (e.g. pot noodles, Pringles etc.), the pot is very large in comparison to the nutritional content of what is inside and wastes valuable space in your rucksack. Having said this it is also a good idea to only take what you need. So take enough pasta or porridge for the expedition rather than taking the

whole packet – and take cereal bars or similar out of their boxes. These are space saving must-dos of expeditioning!

- Lastly, bring food that you enjoy! There's no point bringing food along on an expedition and not enjoy what you're eating!

A 2 day *example* expedition menu is:

Day 1 breakfast: a fry up, porridge with fruit etc - eaten at home

Day 1 lunch: a sandwich/wrap/filled pitta: any filling you like!

Day 1 dinner: pasta / couscous / rice with a small sachet of sauce and some form of protein in there as well - whether that is chopped up Pepperami in your pasta, or making a tuna pasta. Also make sure to bring something small and tasty for pudding!

Day 1 drink and snacks: 1.5-2 litres of water in two equal sized bottles (this is to ensure the weight of the rucksack is evenly distributed). Snacks can include dried fruit, nuts, cereal bars, trail mix, Soreen, flapjack, a bit of chocolate (Minstrels are good as they don't melt!) etc.

Day 2 Breakfast: porridge (if using sachets bring two and some powdered milk to add it to so it's a bit creamier), also some kind of flavouring if the porridge isn't already flavoured, or you want a bit extra - honey, fruit, raisins, ground cinnamon etc.

Day 2 lunch: Extra pasta can be cooked the night before at dinner and tuna added with a small individual sachet of mayonnaise (which you can get from fish and chip shops) is a popular idea - don't forget to bring a tupperware box to put it in, or a cheese and chutney sandwich, or cheese and tomato. Princes or another of the tinned tuna manufacturers make a mix tuna mayo and sweet corn mix. You could bring that and a couple of buns/pittas/wraps and make fresh sandwiches in the morning. just make sure that the filling does not need to be refrigerated!

Day 2 drink and snacks: as per Day 1 but remember to give yourselves a bit of variety if you will get bored eating the same things.