

## Maze Presbyterian Church

# Expedition Equipment Checklist

### Clothing

Walking boots

Thick socks

Light top

Fleece jumper

Trousers (not Jeans)

Waterproof jacket

Waterproof trousers

Spare change of clothes

Warm hat and gloves (sun hat/ baseball cap for summer)

Gaiters (optional)

**Digital Watch- required for navigating**

Extra item of warm clothing (in case of emergency)

### Personal Equipment

Ruck sac (50- 60 litres) and liner

Sleeping bag and sleeping mat

Mug, knife, fork, spoon (or spork) and plate

Matches (in waterproof container) or lighter

Toothpaste and tooth brush

Small towel/ face cloth

Toilet paper

Small pocket knife

Flask (not needed if carrying trianga)

## **Personal Safety Equipment**

Bivi bag/ survival bag

Torch and spare batteries

Whistle

Small Personal first aid kit

Sun screen

Notebook and pencil

Emergency food

Water bottle

Mobile phone (sealed in plastic bag, only to be used in an emergency)

## **Group Equipment (carried between the team)**

Tent (provided on loan)

Trianga and fuel (provided on loan)

Soap pads or pot scorers

Map (provided on loan)

Compass (provided on loan)

Plastic bags for rubbish

Trowel (for toileting)

Route cards

Small tea towel (optional)

## **Food**

See additional hand-out