

Personal Kit List

Bags/Packing

Rucksack
Rucksack liner
Polythene bags
Stuff sacks(s)
Bungi cords
Small plastic boxes

Sleeping

Sleeping bag
Sleeping bag liner
Sleeping mat
Bivvy bag

Outer Layer

Boots
Gaiters
Waterproof jacket
Waterproof trousers
Hat
Gloves 1 pair
Sun glasses
Spare glasses (if worn)
Glasses case

Middle Layer(s)

Thick socks 2/3 pairs
Trousers 1 pair
Thin jumper/fleece x2
Down jacket
T-shirts x1 or 2
Shirt + x1 or 2
Trainers (old) x1 pair
Sandals x1 pair

Inner Layer

Thin socks 3 pairs
Underwear 3 sets
Thermal top x2

Long johns 1 pair

Cooking and tent living

Mess tin (metal) 1
Mug 1
Spoons(s) 2
Mini tin opener 1
Penknife 1
Fuel bottle + x1
Water bottle + x1
Pot Scourer x1 or 2
Sink brush x1
Fork x1
Sponge
Screw-top container
Disposable lighters x4
Torch x1
Batteries
Bulb x1
Mending kit 1
Boot cleaning 1 tin
"Gaffa" tape 5m plus
Sparebootlaces
Wooden spoon

Food - Do not take any food - it could be confiscated by US customs on entry

Herbs/Spices

Toiletries

Bag(s)
Towel X1
Flannel / J-Cloth
Soap x1
Toothpaste
Toothbrush 1
Feminine Hygiene
Toilet paper

Detergent
Comb/Hairbrush
Pocket mirror
Shaving gear

Medical

Pain killers
Sun screen
Moisturiser
Lip balm
Foot powder
Roller Bandage
Antiseptic cream
Zinc Oxide tape
Melolin gauze
Steristips
Constipation tablets
Diarrhoea tablets
Elastoplast
Blister kit
Indigestion tablets
Fungicidal cream
Throat lozenges
Antihistamine
Tubigrip
Multi-vitamins

Leisure, Art and Writing

Paperback book
Letter-writing material
Ballpoint pen
Pencil
Eraser
Camera
Film
Batteries
Notebook
Sketch pad
Paints
*Lightweight musical instrument - if
you can play it!*

Travel Documents

Passport
Air tickets
Money
Address labels

Science and Adventure

Compass
Whistle
Survival bag
Wristwatch
Karabiners - at least 3
Walking poles
Small binoculars