

Bronze Expedition - Kit List

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| <p>Individual</p> <ul style="list-style-type: none"> <input type="checkbox"/> Worn-in Walking boots (<u>NO</u> trainers) <input type="checkbox"/> Complete change of clothing (<u>NO</u> jeans) <input type="checkbox"/> Warm top e.g. fleece <input type="checkbox"/> Waterproof jacket (trousers only if you have them) <input type="checkbox"/> Large rucksack ** lined with plastic bag <input type="checkbox"/> Sleeping bag <input type="checkbox"/> Sleeping mat <input type="checkbox"/> Wash kit (minimal!) <input type="checkbox"/> Water bottle (1 litre minimum) <input type="checkbox"/> Mug/plate/cutlery <input type="checkbox"/> Emergency rations <input type="checkbox"/> Torch/spare battery <input type="checkbox"/> Personal medication <input type="checkbox"/> Plastic bag for dirty clothes <input type="checkbox"/> Trainers/flip flops for campsite (optional) <input type="checkbox"/> Watch <input type="checkbox"/> Sun hat/cream | <p>Group</p> <ul style="list-style-type: none"> <input type="checkbox"/> Tent ** <input type="checkbox"/> Whistle**/compass** <input type="checkbox"/> Stove** /fuel/matches (NO lighters) <input type="checkbox"/> Cooking gear <input type="checkbox"/> Tea towel/washing-up sponge <input type="checkbox"/> First Aid kit <input type="checkbox"/> Emergency/Survival bag <input type="checkbox"/> Paper/pencil/coins/card for phone <input type="checkbox"/> Camera/pack of cards (optional) <p>Food</p> <ul style="list-style-type: none"> <input type="checkbox"/> Packed lunch for both days <input type="checkbox"/> En-route snacks and 'emergency rations' <input type="checkbox"/> Food to be cooked as a group in the evening <input type="checkbox"/> Breakfast for 2nd day |
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PLEASE NOT RUSH OUT AND BUY THESE ITEMS - TRY AND BORROW THEM!

A limited number of these () are available to borrow from TK**

PLEASE REMEMBER:

- **METHS FOR TRANGIA TYPE STOVES WILL BE PROVIDED BY TK AT THE CAMPSITE**
- **NO PEN-KNIVES OR SHARP KNIVES**
- **NO SPRAY/AEROSOL ANTI-PERSPIRANT**
- **ONLY GAS STOVES WITH RE-SEALABLE CANISTERS**
- **CAMPSITE HAS WATER TAP AND TOILETS**