

## Bronze Award Kit List

Name .....

Anything in red can be borrowed from BBA if can not get yourself. Please let me know the two weeks before the expedition so can check the equipment.

Item	Note	Qty	Borrowing it ✕	Got it ✕	Packed it ✕
Bottoms	No jeans	2 pairs (1 to wear/1 to pack)			
Waterproof trousers		1			
Thick socks	Need to be thick so less likely to get blisters	3 pairs (1 to wear/1 to pack)			
Walking boots	Must have ankle support	1			
T shirts		2 (1 to wear/1 to pack)			
Warm jumper	Can even sleep in this if need	1			
Thermal	Can even sleep in this	1			
Underwear		2			
Warm hat	Even if hot day it's amazing for the night time	1			
Sun hat	Only a must if hot day	1			
Waterproof jacket		1			
Rucksack	65L minimum	1			
Bin bags	Clothes in one, lining the rucksack, one with food in, one for sleeping bag and some spare	5			
Sleeping bag		1			
Roll mat		1			
Water bottle	2L minimum	1			
Torch		1			
Medication/first aid kit	If they have medication they will need to let us know and if it is something you do not trust them to	1			

	hold themselves we will need forms filled out to allow us to give it to them. Each group will be given a first aid kit but they may like to have their own blister plasters				
Cutlery		1			
Mug		1			
Plate/bowl		1			
Food		Day 1 – Lunch and Evening meal Day 2 – Breakfast and Lunch Snacks for both days			
Toiletries kit	Wet whips, Toothbrush and Toothpaste	1			
Watch		1			
Nightwear	Warm PJs	1			
Sun cream		1			