



1094 (City of Ely) Squadron
Air Training Corps
Expedition Kit List

TO WEAR WALKING

- 1x pair Walking Boots (broken in)
- 1x pair Walking Socks
- 1x Thermal top / tee shirt
- 1x Shirt
- 1x Sweater (woollen or fleece)
- 1x Walking trousers (warm; NOT jeans)

PERSONAL KIT (TO CARRY)

- 1x Large Rucksack (approximately 55-65litre capacity)
- 2x Strong, large plastic bags (to line your rucksack)
- 1x Sleeping mat
- 1x Sleeping bag (in a waterproof bag)
- 1x Sleeping bag inner (optional)
- 1x Survival bag
- 1x Personal First Aid Kit
- 1x Watch
- 1x Whistle
- Maps
- Small quantity of money (optional)
- 1x Notebook & pen/pencil
- 1x Torch & spare battery (e.g. small Maglite or Petzl head torch)
- 1x Emergency food rations (NOT to be eaten until the end!)
- 1x Water bottle (e.g. Sigg or strong plastic, to hold 1 to 2 litres)
- 1x Knife, fork, spoon
- 1x Pocket Knife (small)
- 1x Plate/bowl

- 1x Mug
- 1x Box of matches (sealed in a dry container or bag)
- 1x Wash kit (small)
- 1x Towel (small)
- 1x Cagoule/coat (it must be waterproof and windproof)
- 3x pairs Underwear
- 2x pairs Walking socks
- 2x Tee shirts
- 1x Shirt (woollen, cotton or fleece)
- 1x Spare sweater (woollen or fleece)
- 1x Spare walking trousers (NOT jeans)
- 1x pair of trainers (optional)
- 1x Hat (warm)
- 1x pair Gloves (woollen)
- 1x pair Shorts (if appropriate)
- 1x Sunhat & sun cream (if appropriate)
- 1x Thermal long johns (optional)
- 1x pair Gaiters (optional)
- 1x Waterproof over trousers (essential for Gold & Wild Country)

GROUP KIT (to carry between the team)

- 1-2x Tents
- 2-3x Stoves (& fuel)
- 2-3x Cooking pots
- 2x scourers
- Maps (1:50 000 / 1:25 000)
- 1 Compass (Silva type)
- Map cases
- 1x Camera & film (optional)
- 2x Tea towels
- 5x Plastic bags (for rubbish etc.)
- Food (small & lightweight)