



JGHS expedition kit list

- An asterisk * Means that the kit can be hired.

KIT LIST

Got it	Packed it	Item needed	Some advice
		1 pair walking boots (broken in) *	Over the ankle, good grip and laces. Keywords – Mid Stiffnes Sole, Vibram Sole,
		2 pairs walking socks	Thick light socks and possibly a light pair to wear under.
		2 base layers (sleeves dependant on weather)	From t-shirts to sports tops. Thin, no collar is advised. For long sleeve, look for thermal attributes. NO Cotton
		Thermal base layer (long sleeve)	Depending on weather
		2 micro fleece tops or softshell jackets. *	Thin fleeces are better than thick ones for regulating heat. Softshell jackets block the wind well.
		2 walking trousers (warm, NOT jeans)	sports trousers, zip off trousers, shorts in good weather. Must have at least one pair of trousers if wearing shorts.
		Underwear	No description needed
		Nightwear	Keep it thin and ensure it is kept dry. (Weight saving tip – wear your spare clothes)
		Flip-flops/ sandals etc (optional for evenings)	Make sure they are light.
		Warm hat &/or sunhat (as appropriate) *	Hats are important.
		1 pair gloves	If you suffer from cold fingers, Mittens are better.
		Sun-cream or sunblock (if appropriate)	Please make sure you have this if the weather looks sunny.
		1 pair gaiters (optional)	Optional but advisable for walking in Brecon Beacons, Exmoor, Dartmoor, Chilterns and Scotland.
		Waterproof over-trousers *	A cheap pair is adequate. They are very useful even in good weather to block wind when wearing shorts.
		Jacket (waterproof & windproof) *	A good hood (with wire is advisable) and TAPED SEAMS. Breathable attributes are really advisable at Silver and Gold level. Keywords – Waterproof zip, storm flap, Gore-tex,
		Buff or neckscalf	A crucial bit of kit, available at a great price direct with BXM Expeditions on the website..

Got it	Packed	Item needed	Specific items we recommend
		Watch	Digital is better
		Whistle *	
		Head Torch *	Head Torch or chest torch only please.
		Spare batteries for your head torch	
		Personal first aid kit	Available via the BXM Expeditions website.
		Survival bag *	Not the foil blanket kind. These are big orange plastic bags.
		Water bottle (2 Litres)	You need to bring two 1 litre bottles filled with water on arrival day. In extreme hot weather, you should bring three.
		Knife, fork, spoon	Or a Spork
		COMPASS *	The longer the edge on the side, the better. No keyring or Christmas cracker compasses please.
		Plate or bowl	
		Mug	
		Box of matches (in waterproof container) or a lighter	
		Wash kit/personal hygiene items (some items could be shared as a group)	
		Travel Towel	SMALL travel towel
		Matches/ Lighter	
		Washing up liquid and sponge	

Got it	Packed	Item needed	Specific items we recommend
		Rucksack *	You will not need a bigger rucksack than 65 litres. Make sure it fits you well. It will not be waterproof!
		Rucksack Liner*	ESSENTIAL
		Sleeping Mat *	Foam ones are fine, self inflating are a little more comfortable.
		Sleeping bag *	Must be at least 3 season. Avoid down fills. Look for a comfort temperature 3 Degrees or lower.
		Dry bags (optional)	This is to keep your gear dry in your rucksack. Bin liners work great too.
		Mobile phone	You will be taught about this on your training
		Tent *	Tents can be 2 – 4 person . Always check the tent at home before using
		Stove*	One Trangia stove can be used for up to 3 persons.

