

5 Axis Business Centre

Westmead Business Centre

Swindon

SN5 7YS

Tel: 0800 4332963

@bxmexpeditions

info@bxmexpeditions.co.uk



­KIT LIST

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| 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, Gore-tex |
|  |  | 2 pairs walking socks | Wool is a good material, do not spend too much, if you are worried about blisters then look for ‘1000 mile socks’ |
|  |  | 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, everyone likes to see different hats.  |
|  |  | 1 pair gloves  | If you suffer from cold fingers, Mittens are better. |
|  |  | 1 pair shorts (if appropriate) | Weather dependant. |
|  |  | 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.. |

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| Got it | Packed it | 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.  |
|  |  | Mess Tin |  You will need to cook in this and eat out of it so metal with a handle. Available via the BXM Expeditions website. |
|  |  | Mug |   |
|  |  | Box of matches (in waterproof container) or a lighter |   |
|  |  | Wash kit/personal hygiene items(some items could be shared as a group) |   |
|  |  | Towel | SMALL travel towel |
|  |  | Matches / Lighter  |  |
|  |  | Washing up liquid and sponge |  |

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| Got it | Packed it | 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 3 season. Avoid down fills. Look for a comfort temperature 3 Degrees or lower.  |
|  |  | Dry bags  |  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 |

BXM Expeditions are always happy to help with advice on kit and tips on how to save money and where to go. We have an extensive range of products available on our website where you can purchase kit that has been tried and tested by expedition experts. From Bronze DofE through to Gold DofE and beyond we have something for everyone.

 [www.bxmexpeditions.co.uk](http://www.bxmexpeditions.co.uk)

If you have any questions, email us: info@bxmexpeditions.co.uk

BXM Expeditions provide you with:

* A Tent – You are welcome to bring your own.
* A cooking stove & Gas. Remember you’ll need your own Mess tin.
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