

# Camping expedition equipment checklist

## Clothing - Base layer

Underclothes  
Woollen socks, *Two pairs if possible*  
Thermal top, *For winter*  
Thermal leggings, *For winter*

## Clothing - Mid layer

Trousers, *Should be cotton/canvas NOT JEANS*  
Shirt/top, *Long enough to keep your bum warm*  
Jumper, *Should be carried whatever the weather*  
Warm hat, *Should be carried whatever the weather*  
Gloves, *Should be carried whatever the weather*  
Spare clothing, *Wrap in plastic bag in case you get wet*  
Walking boots, *NOT trainers*  
Windproof jacket/cagoule, *To keep the wind chill off*

## Clothing - Shell layer

**Waterproof** jacket, *A ski jacket is no good*  
Waterproof trousers, *Optional*  
Gaiters, *Optional*

## Other items

Rucksack, *A holdall is sufficient for your first camp*  
Sleeping bag, *Sufficient for the season*  
Sleeping mat  
3822  
Torch, *Check batteries*  
Spare bulb  
Trainers or shoes, *For wearing around the campsite*  
Money  
Rucksack liner, *Use it, or wrap everything in plastic bags*  
Watch  
Notebook and pen  
Camera  
Penknife, *NO SHEATH KNIFES*  
Sunglasses/Shorts, *If expecting hot weather*  
Rubbish bags  
Tin opener (on a penknife?)  
Pack of cards  
2 x 10p for phone calls

## Toiletries

Soap  
Flannel  
Toothbrush  
Toothpaste  
Hand towel, *A small towel, not a beach towel*  
Deodorant  
Toilet paper, *Enough to last a weekend - not a whole roll!*

## Food and cooking

Knife, fork, spoon  
Plastic/aluminium mug  
Plastic/aluminium plate, *Optional - You can eat out of the pan*  
Billy cans for cooking†  
Matches/Lighter, *In a waterproof container*  
Water bottle  
Food, *See a separate list for suggested food*

## Cleaning

Washing up liquid, Pan scrubber  
Dish cloth/Jay cloth, Tea towel

## Personal first aid kit

Plasters, Antiseptic cream  
Triangular bandage, Paracetamol  
Small pair of scissors, Sterile wound dressing  
Safety pins, Lip salve

## Emergency survival kit

Plastic bivvy bag  
Whistle  
Emergency rations:, *To use in an EMERGENCY, not to eat when you like*  
Mars bars/Chocolate  
High energy glucose sweets

## Group equipment†

Tent(s)  
Stove(s)  
Fuel  
Map(s)  
Map case(s)  
Compass(es)  
Food  
Route card(s)

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† Will be supplied by the squadron (Except food). If you wish to use your own, please do so.

## Points to note

- 1., Summer and winter extremes pose their particular problems. Do you have the right equipment and clothing with you?
- 2., Know how to use your equipment properly.
- 3., Don't take more than you need, several items can be used for double purposes.
- 4., When you get back home, sort out what you didn't use, and ask yourself is it worth taking it next time?
- 5., If you are not using a rucksack liner, wrap everything in plastic bags. Even the most expensive rucksacks are not waterproof!
- 6., The more you pack, the more weight you will have to carry.
- 7., Do not bring stereo's, gameboys, etc.
- 8., Trainers are totally unsuitable for walking in. They are not waterproof, do not have the correct type of grip required, and do not give ankle support.
- 9., Waterproofs must be just that: *Waterproof*, not just showerproof.