

# Kit list for Silver/Gold April Practice 2025

<p><b>FOOTWEAR</b>  1 pair of walking boots (broken in)  Flip flops/sandals/slippers (for campsite use)</p> <p><b>CLOTHING</b>  2 pairs of walking socks  2 pairs of sock liners (optional)  Jacket/coat (waterproof and windproof)  Waterproof overtrousers (optional)  1 fleece top or similar  2-3 t-shirts (thermal optional)  2 walking trousers (warm, NOT jeans)  Underwear/Nightwear  Warm hat and sunhat  1 pair of gloves</p> <p><b>PERSONAL KIT</b>  Rucksack  Rucksack liner/Dry bags for kit (or strong plastic bags/rubble sacks)  Sleeping bag  Sleeping mat  Waterproof bag for sleeping bag  Sleeping bag liner (optional)  Whistle  Torch (handheld/head torch and spare batteries)  Water bottle  Cutlery  Plate/bowl  Mug  Box of matches (in waterproof container)  Wash kit/personal hygiene items (some items could be shared as a group)  Towel (hand not bath)  Small quantity of money  Sunglasses</p>	<p><b>GROUP KIT (To be carried between the team)</b>  Notebook and pen/pencil (minimum 1 notebook and 2 pens per team)  Sunblock  After-sun cream  Insect repellent  String / Spare boot laces  Tick remover  Personal first aid kit  Watch (minimum 2 per team)  Food for expeditions (including emergency rations)  Tent(s)  Camping stove(s) (issued at campsite)  Camping stove fuel (issued at campsite)  Tea towels  Plastic bags (for rubbish etc.)  Maps  Compass (2 per team)  Head/Neck scarf</p> <p><b>OPTIONAL</b>  1 pair of gaiters  Hydration pack  Storm shelter  Small pocket tool  Walking poles  Emergency lightsticks  Camera  Survival bag  Map case</p>
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