

# EXPEDITION KIT LIST

Updated January 2025  
(replaces all previous versions)



This list is a GUIDE to the items you may need when doing an expedition. We only recommend items that are suitable for expeditions & good value for money. There is no obligation to buy the specific items we recommend other brands are also available & it comes down to personal choice/preference. Please be aware of different weights of items in relations to different brands & price.

Please refer to your Explorer/DofE Leaders with any questions. You can also find more information at the Explorers Hub - [explorers.harlowscouts.org.uk](http://explorers.harlowscouts.org.uk)  
Contact: [Explorers@harlowscouts.org.uk](mailto:Explorers@harlowscouts.org.uk)

NAME:			
CLOTHING			
Item Needed	Specific items we recommend (Other brands are available)	Got it	Packed it
1 pair of walking boots (broken in)	OEX, Berghaus, Peter Storm, Brasher, Mammut, Merrell, Salomon	<input type="checkbox"/>	<input type="checkbox"/>
2 pairs of walking socks (Add more as required)	Bridgedale - Merino Wool	<input type="checkbox"/>	<input type="checkbox"/>
Jacket/coat (waterproof and windproof)	OEX, Berghaus, Craghoppers (Taped Seams)	<input type="checkbox"/>	<input type="checkbox"/>
Waterproof overtrousers	OEX, Berghaus, Craghoppers (Taped Seams)	<input type="checkbox"/>	<input type="checkbox"/>
2 fleece tops or similar	OXE, Berghaus, Peter Storm, Craghoppers - Hooded Jackets and Half Zip Tops	<input type="checkbox"/>	<input type="checkbox"/>
2-3 t-shirts (Explorer Black T-shirt - thermal optional)		<input type="checkbox"/>	<input type="checkbox"/>
2 walking trousers (warm, <b>NO jeans</b> )	OEX, Craghoppers, Peter storm	<input type="checkbox"/>	<input type="checkbox"/>
1 pair of shorts (if appropriate)		<input type="checkbox"/>	<input type="checkbox"/>
Underwear		<input type="checkbox"/>	<input type="checkbox"/>
Nightwear		<input type="checkbox"/>	<input type="checkbox"/>
Flip flops/sandals (optional for campsite use)		<input type="checkbox"/>	<input type="checkbox"/>
Warm hat and/or sunhat (as appropriate)		<input type="checkbox"/>	<input type="checkbox"/>
Head/Neck scarf (optional)	Buff	<input type="checkbox"/>	<input type="checkbox"/>
1 pair of gloves (if appropriate)		<input type="checkbox"/>	<input type="checkbox"/>
1 pair of gaiters (optional)	Peter Storm, Trekmates	<input type="checkbox"/>	<input type="checkbox"/>

PERSONAL KIT			
Item Needed	Specific items we recommend (Other brands are available)	Got it	Packed it
Uniform - Explorer Scout Scarf & Shirt - Must be worn to and from camp ( <b>unless told otherwise - MUST HAVE SCARF</b> )		<input type="checkbox"/>	<input type="checkbox"/>
Rucksack ( <b>60L Min</b> )	Osprey, Berghaus, Eurohike, OEX, Technicals, Vango	<input type="checkbox"/>	<input type="checkbox"/>
Rucksack liner (or 2 strong plastic bags/dry bags)	Osprey/Lifeventure: Ultralight Dry Bags (2/5/10/15/25/35/55/75L)	<input type="checkbox"/>	<input type="checkbox"/>
Rucksack rain cover	Any Brand	<input type="checkbox"/>	<input type="checkbox"/>
Sleeping bag ( <b>Mummy style - 4 Season - Comfort rating 0° or lower recommended</b> )	OEX, Berghaus, Eurohike, Vango, Rab, Alp Kit, Snugpak	<input type="checkbox"/>	<input type="checkbox"/>
Sleeping bag liner (optional)	Any Brand - Silk/Cotton	<input type="checkbox"/>	<input type="checkbox"/>
Sleeping mat	OEX, Berghaus, Eurohike, Multimat, Alp Kit	<input type="checkbox"/>	<input type="checkbox"/>
Pillow	OEX, Alp Kit	<input type="checkbox"/>	<input type="checkbox"/>
Waterproof bag (optional)	Lifeventure: Ultralight Dry Bags	<input type="checkbox"/>	<input type="checkbox"/>
Compass (No GPS) (Part of group kit)	OEX: Expedition Compass Silva: Classic, Field, Ranger, Expedition 4 compasses	<input type="checkbox"/>	<input type="checkbox"/>
Whistle	OEX, Eurohike, Lifesystems	<input type="checkbox"/>	<input type="checkbox"/>
Torch (head torch and spare batteries)	OEX, Eurohike, Petzel	<input type="checkbox"/>	<input type="checkbox"/>
Personal first aid kit ( <b>Personal Medication must be kept separately to first aid kit and marked with the person's name and user/dosage</b> )	Elastic Adhesive Dressing Strip 4cm x 1m, Washproof Adhesive Plasters 7.2 x 1.9 cm, Antiseptic Wipes, Blister Plasters (compeed),	<input type="checkbox"/>	<input type="checkbox"/>
Food (including emergency rations in sealed container))	<b>See Meals section below</b>	<input type="checkbox"/>	<input type="checkbox"/>
Water bottle/hydration pack (min of 2L or 4x 500ml of water per person)	Any Brand	<input type="checkbox"/>	<input type="checkbox"/>
Cutlery	OEX, Eurohike, Lifeventure - Any Brand	<input type="checkbox"/>	<input type="checkbox"/>
Plate/bowl	OEX, Eurohike, Lifeventure - Any Brand	<input type="checkbox"/>	<input type="checkbox"/>
Mug ( <b>Plastic NOT metal</b> )	OEX, Eurohike, Lifeventure - Any Brand	<input type="checkbox"/>	<input type="checkbox"/>
Wash kit/personal hygiene items (some items could be shared as a group)	Lifeventure: Wash bag (small), All-purpose soap, Dry wash gel	<input type="checkbox"/>	<input type="checkbox"/>
Towel	Lifeventure: Recycled Soft Fibre Towel (large, x-large, giant)	<input type="checkbox"/>	<input type="checkbox"/>
Shewee (Recommended for Females)	Any Brand	<input type="checkbox"/>	<input type="checkbox"/>
Sunblock (if appropriate)	Any Brand	<input type="checkbox"/>	<input type="checkbox"/>
After-sun cream (if appropriate)	Any Brand	<input type="checkbox"/>	<input type="checkbox"/>
Insect repellent (optional)	Any Brand (Tesco own brand works well)	<input type="checkbox"/>	<input type="checkbox"/>
Sunglasses (optional)	Any Brand	<input type="checkbox"/>	<input type="checkbox"/>
Small pocket tool (optional - 1 per team)	Victorinox (Swiss Army Knife)	<input type="checkbox"/>	<input type="checkbox"/>
Small quantity of money (optional)		<input type="checkbox"/>	<input type="checkbox"/>
Watch	Any Brand	<input type="checkbox"/>	<input type="checkbox"/>
Spare boot laces	Any Brand	<input type="checkbox"/>	<input type="checkbox"/>
Mobile Phone	Any Brand	<input type="checkbox"/>	<input type="checkbox"/>
Mobile Phone Charger (Power Bank)	Any Brand	<input type="checkbox"/>	<input type="checkbox"/>

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GROUP KIT - PROVIDED BY LEADERS (To carry between the team)			
Item Needed	Specific items we recommend (Other brands are available)	Got it	Packed it
Tent(s)	OEX; Phoxx 2 Access Kit: Summit 300 Vango: Tempest	<input type="checkbox"/>	<input type="checkbox"/>
Camping stove(s)	Vango: Folding gas stoves (1 between 2) Trangia: 25 and 27 series, Gas burner, Liquid fuel burner (Group)	<input type="checkbox"/>	<input type="checkbox"/>
Camping stove fuel (in an appropriate and safe container)	Gas Trangia: Fuel bottles (0.3/0.5/1L)	<input type="checkbox"/>	<input type="checkbox"/>
Cooking pans/Mess tins	Mess tins	<input type="checkbox"/>	<input type="checkbox"/>
Box of matches (in waterproof container)	Stormproof matches	<input type="checkbox"/>	<input type="checkbox"/>
Washing up liquid/Sponge		<input type="checkbox"/>	<input type="checkbox"/>
Tea towel		<input type="checkbox"/>	<input type="checkbox"/>
Plastic bags (for rubbish etc.)		<input type="checkbox"/>	<input type="checkbox"/>
Toilet paper and trowel		<input type="checkbox"/>	<input type="checkbox"/>
Maps (1:25 000/1:50 000 - 2x Min)	Ordnance Survey: Explorer, Landranger maps (standard or weatherproof)	<input type="checkbox"/>	<input type="checkbox"/>
Compass (2x Min)	OEX: Expedition Compass Silva: Classic, Field, Ranger, Expedition 4 compasses	<input type="checkbox"/>	<input type="checkbox"/>
Map cases (2x Min)	Any Brand	<input type="checkbox"/>	<input type="checkbox"/>
Camera (optional)		<input type="checkbox"/>	<input type="checkbox"/>
First Aid Kit (Group)		<input type="checkbox"/>	<input type="checkbox"/>
Tick remover (location dependent - ask your Supervisor located in group First Aid Kit)		<input type="checkbox"/>	<input type="checkbox"/>
Survival bag (2x Min)	Hi-gear, Euro Hike, Lifesystems	<input type="checkbox"/>	<input type="checkbox"/>

MEALS/FOOD - NO NUTS			
Item Needed	Specific items we recommend	Got it	Packed it
Day 1 - Breakfast	Wayfayrer: ready to eat expedition food Radix: dehydrated meals Homemade (Also see Expedition Meal ideas document)	<input type="checkbox"/>	<input type="checkbox"/>
Day 1 - Lunch	Packed lunch, cup a soup Quick and easy on the go food.	<input type="checkbox"/>	<input type="checkbox"/>
Day 1 - Dinner	Wayfayrer: ready to eat expedition food Radix: dehydrated meals Homemade (Also see Expedition Meal ideas document)	<input type="checkbox"/>	<input type="checkbox"/>
Day 1 - Snacks	Chocolate, crisps, cereal bars, fruit, dried fruit, trail mix <b>NO NUTS</b>	<input type="checkbox"/>	<input type="checkbox"/>
Day 2 - Breakfast	Wayfayrer: ready to eat expedition food Radix: dehydrated meals Homemade (Also see Expedition Meal ideas document)	<input type="checkbox"/>	<input type="checkbox"/>
Day 2 - Lunch	Packed lunch, cup a soup Quick and easy on the go food.	<input type="checkbox"/>	<input type="checkbox"/>
Day 2 - Dinner	Wayfayrer: ready to eat expedition food Radix: dehydrated meals Homemade (Also see Expedition Meal ideas document)	<input type="checkbox"/>	<input type="checkbox"/>
Day 2 - Snacks	Chocolate, crisps, cereal bars, fruit, dried fruit, trail mix <b>NO NUTS</b>	<input type="checkbox"/>	<input type="checkbox"/>
Day 3 - Breakfast	Wayfayrer: ready to eat expedition food Radix: dehydrated meals Homemade (Also see Expedition Meal ideas document)	<input type="checkbox"/>	<input type="checkbox"/>
Day 3 - Lunch	Packed lunch, cup a soup Quick and easy on the go food.	<input type="checkbox"/>	<input type="checkbox"/>
Day 3 - Dinner	Wayfayrer: ready to eat expedition food Radix: dehydrated meals Homemade (Also see Expedition Meal ideas document)	<input type="checkbox"/>	<input type="checkbox"/>
Day 3 - Snacks	Chocolate, crisps, cereal bars, fruit, dried fruit, trail mix <b>NO NUTS</b>	<input type="checkbox"/>	<input type="checkbox"/>

Emergency Rations (Each person Must bring)			
Item Needed	Specific items we recommend	Got it	Packed it
Chocolate	Mars Bar	<input type="checkbox"/>	<input type="checkbox"/>
Mint Cake	Kendal Mint Cake	<input type="checkbox"/>	<input type="checkbox"/>
Glucose Tablets	Lucozade	<input type="checkbox"/>	<input type="checkbox"/>
Soup	Cup a soup	<input type="checkbox"/>	<input type="checkbox"/>
Suitable high energy foods		<input type="checkbox"/>	<input type="checkbox"/>

**Band Items - (Not to be brought to camp or unit nights)**

1. Energy Drinks (All types).  
2. Vapes (All types).  
3. Any items that are age restricted 18+ will be confiscated and the young person sent home.

Any band items will be confiscated.

**NOTES**