



# Silver Kit List

## Personal

Inner clothing t-shirt trousers ( <b>Not Jeans or Chinos</b> )	
Warm layer (e.g. fleece not hoody)	
Waterproof Coat <b>with a hood</b>	
Waterproof Trousers	
Socks/undies	
<b>Walking Boots with ankle support</b>	
Sunhat ( <b>with a brim</b> )	
Warm hat	
Gloves	
Watch	
Spare clothes t-shirt trousers/shorts ( <b>Not Jeans or Chinos</b> ) fleece/long sleeve top	
Emergency rations (not just chocolate)	
Dry matches	
<b>2 litre water bottle</b> (or 2x 1litre)	
Rucksack with plastic liner	
Sleeping bag	
Sleeping mat	
Knife/fork/spoon	
Plastic mug	
SMALL Washing gear (Toothbrush, Toothpaste, Deodorant) can you share anything?	
Hand sanitizer gel/wipes	
Spare bin bags/plastic bags	
Food	
Personal first aid kit (including plasters, <b>inhalers</b> , paracetamol or any other medication if you need them)	

<b>Optional Items</b>	
Flip flops/crocs for camp	
Plate <b>OR</b> bowl (can you use the pan instead?)	

### You do not need:

Pyjamas  
Towel  
Tinned food (it's heavy)  
A big bag of makeup  
Phone charger

## Group

2 maps	
2 compasses	
2 route cards	
Emergency numbers	
Tent outer	
Inner	
Poles	
Pegs	
Stove(s)	
Fuel	
Scourer and washing up liquid	
Tea towels	
Toilet paper	
Sun block x 2	
Survival bag (at least 3 per group)	
Sewing kit	
Spare string/guyline	
Whistle (at least 2 per group)	
Notebook and pencil x 2	
Torch (at least one per tent)	
First Aid Kit (bandages etc)	
Mobile phone x 2 minimum ( <b>wrapped in a sealed bag for emergencies only</b> )	

### **Food**

These are suggestions only  
(see school website / booklet during training for more ideas)

Breakfast Day 2&3	Porridge, scotch pancakes, brioche, cereal bars, hot chocolate
Lunch Days 1&2&3	Sandwiches (day 1) Pitta bread, bagels, spread, pepperami, malt loaf, marmite etc
Evening Meal Day 1&2	Supper noodles, pasta & sauce, savoury rice, boil in the bag, Cake & custard, hot chocolate
Snacks	Cereal bars, jelly, nuts, raisins, dried fruit