



Personal Kit:

- Backpack (min. 50 litres)
- Head torch (+ spare batteries)
- Small shovel + wet wipes
- Sunscreen
- Bug Repellent

Sleeping Kit:

- Warm sleeping bag
- Sleeping mat

Cooking Kit:

- Knife, Fork, Spoon
- Plate/bowl/mess tin
- Mug
- 2-3L water-full on arrival
- Scourer/cloth

Clothes:

- Trousers (outdoor/survival)
- Outdoor shirt
- Sweater/fleece jacket
- Underwear
- Fleece scarf (optional)
- Gardener's gloves
- Hat or cap
- Water- and wind- proof jacket
- Sunglasses
- Shorts & top to get wet & dirty
- Sturdy hiking boots
- Hiking socks

Group Kit:

- 2-man Tent
- Gas cooker
- Small gas refill for the cooker
- Matches/lighter

Equipment Tip:

Try to borrow items you do not already have; purchasing kit you don't usually use could be an unnecessary expense. Please get in touch with your team leader or XCC admin if you need help sourcing equipment.