



EXPEDITION EQUIPMENT

• PERSONAL EQUIPMENT

- Rucksack
- Rucksack liner (*please ensure ALL gear is waterproofed*)
- Sleeping Bag (*Put into a separate liner*)
- Karrimat or therma rest (*Put into a separate liner*)
- Walking Boots
- Waterproof jacket and bottoms
- 1 set of gear to walk in - shorts, long trousers with layers on top
- 1 complete change of clothes (no denim or leather)
- 3 / 4 pairs of thick socks and underwear
- 1 fleece or 1 sweatshirt
- Warm hat and gloves
- Sun hat
- Sun block
- Sun hat and sunglasses
- Water bottle
- Map and Compass
- Bivvy Bag
- Torch and spare batteries
- Emergency Rations (*Nuts/chocolate/cup-a-soup etc*)
- First Aid Kit and any personal medication (*for personal use*)
- Toiletries
- Sun screen and mosquito repellent
- Camera
- Spare plastic bags (*For extra waterproofing and bin bags*)
- Mosquito net head covering or nylon polyester scarf
- Plastic or unbreakable plate/bowl, cup, knife, fork and spoon

• FOOD

- All expedition equipment should be provided by the participant

• ADDITIONAL GEAR FOR THE CAMPSITE

- T-shirts – long and short sleeve
- Shorts and swimming shorts
- 1 set of campsite clothing (track suit)
- 1 set of good clothes
- Knife, fork, spoon, bowl and cup

NB: Clothing where possible should be light in weight and in colour. It should be clothing that you won't mind getting a bit dirty or wet. Please do not buy lots of new clothing for the trip. Specialist expedition equipment is provided by BAC.

• GROUP EQUIPMENT

- Tents (provided by BAC)
- Stoves – Trangias
- Fuel in Sigg Bottles
- Matches/Lighter
- Pot scrubber
- Biodegradable soap
- Trowel
- Rubbish bag
- Old Tea Towel