



Equipment List

Equipment Provided by Soham Village College

Please note the cost is for your information ONLY.

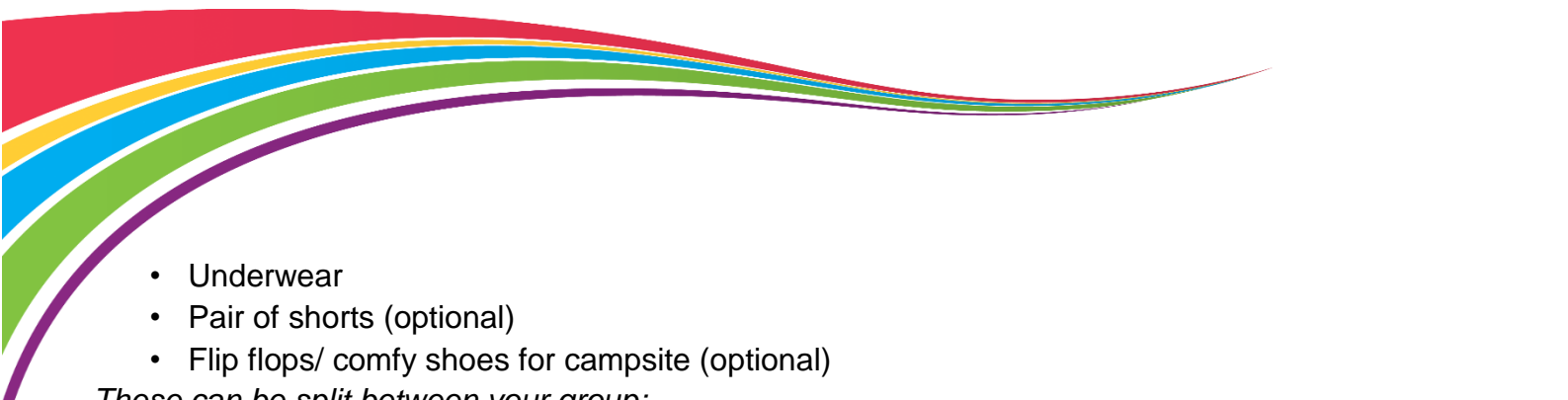
Students will be charged these prices ONLY if they do not return an item logged out in their name.

- Rucksack – (£59)
- Tent(s) – (£140)
- Trangia – (£54)
- Gas – (£5.90)
- Compass – (£21.95)
- Map
- Route Card

Equipment Students Must Bring

- Sleeping bag
- Roll mat
- Torch (head torches are best!)
- Water container (plastic bottles are fine)
- Dish, cup, knife, fork, spoon
- Whistle (for emergencies)
- Toiletries (essentials only)
- Medication (if taken)
- Coins for emergency phone (even if you have a mobile)
- Staff emergency contact number (somewhere waterproof)
- Notebook and pencil (for completing your aim)
- Emergency rations (eg. dried fruit)
- Basic First Aid Kit (each student must have at least plasters and bandage. At least one of the group must have a better stocked kit)
- Waterproof jacket (bring regardless of weather)
- Waterproof trousers (bring regardless of weather)
- Walking boots (bring regardless of weather)
- Fleece (or warm coat) (bring regardless of weather)
- Two t-shirts (or similar tops)
- Pair of trousers (not denim)
- Two pairs of warm socks
- Gloves & hat



- 
- Underwear
 - Pair of shorts (optional)
 - Flip flops/ comfy shoes for campsite (optional)

These can be split between your group:

- Matches (in a waterproof container)
- Food & drink (including lunch for both days, main meal for the evening, breakfast and snacks)
- Cooking utensils (wooden spoons etc)
- Washing up liquid, scouring pad & tea towel
- Toilet paper
- Plastic bags (for rubbish, waterproofing etc.)
- Suncream
- Comprehensive first aid kit which could include:
 - Assorted plasters
 - Small safety pins
 - Scissors blunt ended
 - Antiseptic cleansing wipes
 - Surgical tape, small roll
 - Wound dressing, small
 - Bandage, 7.5mm
 - Triangular bandage
 - Bite/sting cream
 - Blister pack

Mobile phones – Students are allowed to carry a mobile phone but appropriate use will be discussed in training sessions.

There will be a tap at the campsite but you will need enough water for the first day's walk.

Any roll mat or sleeping bag attached to the outside of the bag must be wrapped in something waterproof for example a large plastic carrier bag or a bin bag.