

## Over-Night Expedition Equipment List

This is a suggested list of equipment for all over-night International Award expeditions. It is important that you consider carefully the things you will bring. The duration of your expedition will influence the quantities that you should pack. Taking excessive quantities or unnecessary things will slow your progress and increase the possibility of failure. Please pack sensibly! As a guideline, the equipment you carry should not be heavier than 1/4 of your body weight. Participants with packs weighing more than the recommended limit will be required to remove or redistribute items.

### **Camping Gear**

Good quality backpack (at least 60 liters capacity) \*  
Waterproof Tent \*  
Sleeping Bag  
Sleeping Mat  
First Aid Kit ❖

### **Personal Gear**

Well Fitting Hiking boots (preferably waterproof)  
Good quality hiking socks  
Personal Clothing (including Waterproofs and Hat)  
Sunscreen (at least factor 30)  
Sunglasses  
Headlamp or flashlight / extra batteries  
Toiletries/Towel  
Insect Repellent  
Toilet Paper  
Camera

### **Hiking Items**

Maps and Route Cards \*  
Map cover or large ziplock bag to protect maps  
Compass \*  
Watch  
Pen and Paper  
Whistle

### **Cooking/Eating Items**

Trangia Expedition Stove \* +  
Stove Fuel (Gel Fuel Cells) ++  
Matches  
Small amount of washing-up liquid & sponge  
Water Container/Bottle  
Food  
Additional Emergency Food  
Knife and Cooking/Eating Utensils  
Small Plastic Bags (for litter)  
LARGE, STRONG plastic bag to line inside of rucksack and for carrying home items at end of expedition. ♦

\* Interaxion can provide the indicated items if needed. Participants are free to use their own equipment if they choose as long as it is in satisfactory condition and suitable for the purpose. Compasses are only provided for Bronze participants or for students from schools which have a supply for this purpose. If unsure, ask your Award Leader.

+ Expedition teams are required to use the Trangia camp stoves provided by Interaxion. Camp fires, camping gas burners, and portable grills are not suitable cooking equipment for Award expeditions and are not permitted.

++ Participants using Interaxion's expedition stoves are required to provide their own fuel. This can be purchased from the Expedition Leader prior to setting off on the expedition.

❖ Every participant must have with them a suitable personal first-aid kit. If a participant shows up without first-aid equipment they will be required to purchase one at the starting point before being permitted to begin the expedition.

♦ Before being collected by their parents at the end of an expedition, all participants will be required to give back to the Expedition Leader their backpacks, tents, and other borrowed equipment. Everyone must have a bag for the purpose of taking home their things.



