



Bronze Expedition checklist 2023

This list is to help you prepare for the expedition. Think light and as non-bulky as possible as you will need to carry this. In addition, your group will need to share the weight of the tent(s), Trangia and first aid kit.

The kit needed will vary depending on the weather. Obviously if it is going to be hot and dry, you will need more water, shorts, hat, and sunscreen. If the weather is going to be wet, lining the rucksack, borrowing waterproof trousers, and having some spare dry clothes will be important.

On the training days we will cover the choice of foods and how to cook using the Trangias safely. (Just boiling water rather than frying etc as the Trangia's are very difficult to clean afterwards.) In addition, we will practise assembling and packing away the tents, making good choices about food, basic first aid, route planning and how to pack and adjust the rucksacks efficiently.

Any concerns/questions please email Mrs Blackmore at m.blackmore@vcj.sch.je

The school will provide each group with:

Tent(s)

Trangia (s) for cooking

Fuel to use with the Trangias.

A meal pack for dinner each.

We have plenty of rucksacks, raincoats, and some spare over trousers to loan if needed.

Item	comments
1 pair of walking boots or comfortable shoes/trainers to walk in	Walking shoes or boots are a great option provided they have been broken in. Boys will walk for 6 hrs per day so comfortable trainers are OK but a spare pair in case they get wet may be a good idea. Check weather.
2 pairs of walking socks	If you do not have walking socks and do not wish to purchase them (they do really help.) 3 pairs of socks are a reasonable alternative - sweaty socks cause blisters.
Jacket/coat (waterproof and windproof)	This is important especially if it is cold at night and the forecast is for rain
Waterproof over-trousers optional	check weather
2 fleece tops	For walk if cool and in the evening when it will be cold

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2-3 t-shirts	Keep one dry spare.
1 light walking trousers	Tracksuit bottoms are fine especially if they are made of light material NOT jeans
1 pair shorts	comfortable shorts
Underwear	
Nightwear	Something dry to wear at night.
Flip flops	To wear round the campsite
Warm hat and/or sunhat	Check weather
Rucksack	The school have enough for everyone, again, if you have your own (50ltr) you may use it. Bring it in to be checked.
Rucksack liner	Or 2 strong black plastic bags
Sleeping bag	This is a required item. We cannot supply sleeping bags
Sleeping mat	
Sleeping bag liner	Optional. Could bring mini pillow .
Torch (handheld/head torch and spare batteries)	REQUIRED- please note no phones will be taken on the walk so please do not assume the use of a mobile device for this item.
Personal first aid kit including any medication needed and possible sunblock	A basic First Aid kit will be provided for each group.
Food	Emergency rations. Snacks and lunches X2 .
Personal	Wash bag. Baby wipes are useful for spills. Tissues. Hand gel. Small hand towel.
Water bottle at least 1	Maybe 2 if it is going to be very hot. There will be water stations en-route
Cutlery	Spoon and fork at least.
Wash kit	Tea towel and j cloth/ abrasive
Plate/bowl	1 mug and 1 bowl at least.

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