

JSTC D OF E AWARD: BRONZE KIT LIST

TEAM KIT- supplied by us

- Tent= 1 for every 2 people
- Trangia meths stove= 1 for 3 people
- Non drip meths fuel bottle= 1 per team
- Maps and map cases= 2 per team
- Emergency phone= 1 per team
- 55 Litre Rucksack- 1 per person
- First Aid kit= 1 per person

PERSONAL KIT- can be supplied by us

- Sleeping Mat= 1 per person
- Sleeping Bag= 1 per person **PLEASE PUT THIS IN A BIN BAG WHEN ON EXPEDITION**
- Waterproof top and trousers

PERSONAL KIT- supplied by participant

PLEASE MAKE SURE ALL KIT IS IN BIN BAGS WHILE ON EXPEDITION

- Matches
- Torch
- Mug, bowl, plate, cutlery and simple washing up kit
- Walking boots
- Shoes/ trainers for around camp
- Baseball cap/ beanie
- Toiletries
- Fleece
- 2 pair socks and undies
- 2 t shirts
- 2 trousers/ shorts
- Jumper
- Personal medication including suncream
- 1 Litre water bottle
- 4 bin liners

PLEASE DO NOT WEAR ANY DENIM

FOOD REQUIREMENTS

SAT	Lunch	Evening Meal (with hot drink)	Snacks
SUN	Breakfast (with hot drink)	Lunch	Snacks