

Kit Issue

Prior to the expeditions participants will be issued their group kit, some personal kit can also be borrowed, all details are overleaf.

A **£50 deposit** will be required on the day and will be returned to you when the kit is returned. Please provide this as cash or a cheque made out to ERC **in a sealed envelope with name and alpha class on the front.**

It is the participants' responsibility to return the kit **clean and dry** or charges will be made if they fail to do so. Please hang tents and any other wet kit out to dry within 24 hour of returning from the expedition.

Group Kit

Where possible please arrive at the kit issue with the other members of your tent group. If arriving separately please decide before hand who is taking the tent and who is taking the Trangia stove.

The Edge

Kit pick up and return is conducted at a youth club called The Edge. This is located behind Fairweather Hall in Newton Mearns G77 6BB



Equipment

<u>Personal Equipment</u>	<input type="checkbox"/>	Food
<input type="checkbox"/> Sleeping Bag (avail to borrow)	<input type="checkbox"/>	Emergency Rations (high energy food)
<input type="checkbox"/> Sleep Mat (avail to borrow)	<input type="checkbox"/>	Wash kit and small towel
<input type="checkbox"/> Rucksack (70L) (avail to borrow)	<input type="checkbox"/>	Matches or lighter
<input type="checkbox"/> Waterproof Jacket and Trousers	<input type="checkbox"/>	Torch and whistle
<input type="checkbox"/> Hill walking boots	<input type="checkbox"/>	2 x 1lt Water bottles
<input type="checkbox"/> Warm fleece jacket	<input type="checkbox"/>	Small personal first aid kit (please advise leader of any medication)
<input type="checkbox"/> Spare set of clothing	<input type="checkbox"/>	Sun cream
<input type="checkbox"/> Hat and Gloves	<input type="checkbox"/>	Midge Repellent and head net (Vital)
<input type="checkbox"/> Eating Utensils		
<input type="checkbox"/> Washing up supplies		
<u>Group Equipment (Provided)</u>	<input type="checkbox"/>	Bivi bag
<input type="checkbox"/> Tent	<input type="checkbox"/>	Map and compass (Issued on expedition)
<input type="checkbox"/> Trangia Cooking Stove		

Please choose clothing that is warm and dries easily, jeans and denim clothing are not allowed.

Food should be light, preferably dried. Tins and jars are not suitable.

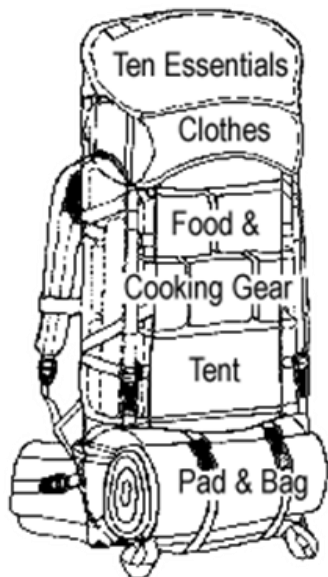
For example – meals using dried noodles, rice, pasta, Couscous, meat and vegetables, packet soup.

3 dinners and 3 breakfasts are required. Meals must involve cooking and have to be nutritionally balanced.

Snacks of dried fruit, and packed lunches are suitable meals during the day.

Mobile phones can be brought on expedition for the purpose of taking photos and videos but must remain in aeroplane mode except for in the case of an emergency.

Rucksack Packing



Due to the unpredictability of Scottish weather and for ease of carrying, all equipment **must be inside a dry bag or bin bag** within the rucksack.

The only exception is the roll mat which can be attached to the outside with straps. It should however, also be wrapped in a bin bag so that it doesn't get wet.

Some items on the kit list can be shared amongst walking or tent groups to save weight. Such as washing up supplies and first aid kits.

Example Menu

Plan your meals with your tent or walking groups to save weight.

Breakfast x3

Porridge oats (to be cooked with water), fruit for flavour.

Lunch x4

Oatcakes, dried meat and cheese.

Dinner x3

Couscous or pasta, precooked meat and packets of sauce.
(NO tins or jars and NO pot noodles)

Snacks

High energy food. E.g. sweets, fruit and energy bars.

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