

KIT LIST – CADET150 LESOTHO EXPEDITION

1. **Kit List.** The following articles are to be taken by each individual (every item possible should be marked with the cadet's name):

Item	How Many	Prepared	Packed
Rucksack – 60 – 75 litre capacity, including padlock	One	<input type="checkbox"/>	<input type="checkbox"/>
Day sack – 30 - 35 litres with waist belt	One	<input type="checkbox"/>	<input type="checkbox"/>
Bum bag / money belt	One	<input type="checkbox"/>	<input type="checkbox"/>
Waterproof liner	One	<input type="checkbox"/>	<input type="checkbox"/>
Waterproofs – trousers and top – gortex/breathable	One set	<input type="checkbox"/>	<input type="checkbox"/>
Duvet jacket	One	<input type="checkbox"/>	<input type="checkbox"/>
Gloves – Thin, Thick and Working Gloves	3 pairs	<input type="checkbox"/>	<input type="checkbox"/>
Thermal leggings	One pair	<input type="checkbox"/>	<input type="checkbox"/>
Thick fleece	One	<input type="checkbox"/>	<input type="checkbox"/>
Thin fleece	One	<input type="checkbox"/>	<input type="checkbox"/>
Training shoes (trainers)	One pair	<input type="checkbox"/>	<input type="checkbox"/>
T-shirts	3	<input type="checkbox"/>	<input type="checkbox"/>
Long sleeve shirt. One must be thermal/wicking	2	<input type="checkbox"/>	<input type="checkbox"/>
Trousers – NOT jeans	2 pairs	<input type="checkbox"/>	<input type="checkbox"/>
Working clothes	One set	<input type="checkbox"/>	<input type="checkbox"/>
Sleeping bag – 4 season	One	<input type="checkbox"/>	<input type="checkbox"/>
Sleeping mat	One	<input type="checkbox"/>	<input type="checkbox"/>
Gortex bivvy bag or plastic survival bag	One	<input type="checkbox"/>	<input type="checkbox"/>
Silk liner or similar for sleeping bag	One	<input type="checkbox"/>	<input type="checkbox"/>
Water bottle (min 2 litres) or Platypus	One	<input type="checkbox"/>	<input type="checkbox"/>
Large towel	One	<input type="checkbox"/>	<input type="checkbox"/>
Walking socks	3 pairs	<input type="checkbox"/>	<input type="checkbox"/>
Lightweight socks	3 pairs	<input type="checkbox"/>	<input type="checkbox"/>
Travel socks	One pair	<input type="checkbox"/>	<input type="checkbox"/>
Walking boots – 3/4 season – well broken in and ankle support is essential	One pair	<input type="checkbox"/>	<input type="checkbox"/>
Underwear	3 pairs	<input type="checkbox"/>	<input type="checkbox"/>
Swimwear	One set	<input type="checkbox"/>	<input type="checkbox"/>
Sun hat	One	<input type="checkbox"/>	<input type="checkbox"/>
Sunglasses	One pair	<input type="checkbox"/>	<input type="checkbox"/>
Spectacles (if applicable) (contact lenses will NOT be worn in dusty conditions due to risk of infection)	2 pairs + prescription	<input type="checkbox"/>	<input type="checkbox"/>
Woolly hat	One	<input type="checkbox"/>	<input type="checkbox"/>
Watch – not a mobile phone	One	<input type="checkbox"/>	<input type="checkbox"/>
Alarm clock – not a mobile phone	One	<input type="checkbox"/>	<input type="checkbox"/>
Head torch – LED	One	<input type="checkbox"/>	<input type="checkbox"/>
Spare batteries	6	<input type="checkbox"/>	<input type="checkbox"/>
Plastic mug – min 500ml, bowl/plate	One set	<input type="checkbox"/>	<input type="checkbox"/>
Knife, fork, spoon	One set	<input type="checkbox"/>	<input type="checkbox"/>
Multi tool/knife	One	<input type="checkbox"/>	<input type="checkbox"/>
Flip flops – for indoor and shower use only	One pair	<input type="checkbox"/>	<input type="checkbox"/>
Electrical plug converter – 3 pronged round pin	One	<input type="checkbox"/>	<input type="checkbox"/>
Spare laces	2 pairs	<input type="checkbox"/>	<input type="checkbox"/>
Re-sealable bags	One set	<input type="checkbox"/>	<input type="checkbox"/>
Note book and pencil in waterproof bag	One	<input type="checkbox"/>	<input type="checkbox"/>

Item	How Many	Prepared	Packed
Pack of cards	One pack	<input type="checkbox"/>	<input type="checkbox"/>
Loo roll in a waterproof bag	One	<input type="checkbox"/>	<input type="checkbox"/>

2. **Washing Kit.**

Item	Prepared	Packed
Travel wash - biodegradeable	<input type="checkbox"/>	<input type="checkbox"/>
Water free soap - antibacterial	<input type="checkbox"/>	<input type="checkbox"/>
Toothpaste and brush	<input type="checkbox"/>	<input type="checkbox"/>
Shaving kit as appropriate	<input type="checkbox"/>	<input type="checkbox"/>
Feminine hygiene as appropriate	<input type="checkbox"/>	<input type="checkbox"/>

3. **Personal First Aid Kit.**

Item	Prepared	Packed
Safety pins	<input type="checkbox"/>	<input type="checkbox"/>
Throat sweets	<input type="checkbox"/>	<input type="checkbox"/>
Travel sickness pills if required – clearly labelled	<input type="checkbox"/>	<input type="checkbox"/>
Aspirin/Paracetamol	<input type="checkbox"/>	<input type="checkbox"/>
Imodium	<input type="checkbox"/>	<input type="checkbox"/>
Dioralyte powders	<input type="checkbox"/>	<input type="checkbox"/>
Sun screen for lips and skin – F15+	<input type="checkbox"/>	<input type="checkbox"/>
Insect repellent and bite cream – 50% Deet	<input type="checkbox"/>	<input type="checkbox"/>
Personal medication for the duration of the training expedition	<input type="checkbox"/>	<input type="checkbox"/>
Antiseptic wipes	<input type="checkbox"/>	<input type="checkbox"/>
Plasters and blister kit	<input type="checkbox"/>	<input type="checkbox"/>
Bonjela	<input type="checkbox"/>	<input type="checkbox"/>
Zinc oxide tape or 'Compeed' blister kit	<input type="checkbox"/>	<input type="checkbox"/>

4. **Optional items.**

Item	Prepared	Packed
Nylon cord	<input type="checkbox"/>	<input type="checkbox"/>
Camera/memory card and battery charger	<input type="checkbox"/>	<input type="checkbox"/>
Ipod	<input type="checkbox"/>	<input type="checkbox"/>
Books	<input type="checkbox"/>	<input type="checkbox"/>
Baby wipes	<input type="checkbox"/>	<input type="checkbox"/>
Travel scrabble/boggle/monopoly deal	<input type="checkbox"/>	<input type="checkbox"/>