

MAIDENHEAD DISTRICT EXPLORER SCOUTS



Holland 2009 Explorer Belt Expedition – August 2009

12-07-09
KIT LIST

**DEPENDING ON THE SIZE OF THE TEAMS AND TO AVOID DUPLICATION
TEAM ITEMS WILL BE SPREAD AMONGST PARTICIPANTS**

Items marked will be provided by Leaders**

- Personal Expedition Equipment:
 - passport and health card kept safe (please check these are up to date, link to health card form is on web site) copies will be held by leaders
 - **Map (will be given out in Holland)
 - Compass
 - Watch
 - Head torch
 - Spare batteries
 - First Aid Kit personal
 - Whistle
 - Plastic bags
 - Notebook and Pen/Pencil
 - Jumper/Sweater
 - Waterproof Jacket/Coat
 - Waterproof Trousers
 - Water Bottle (if you have a carrier on your bike for this that would be good.)
 - Hat
 - Gloves

- Matches/Waterproof Matches
- Personal Camping Equipment:
 - Large Rucksack (not used when cycling)
 - Rucksack Liner/Large strong plastic bag
 - Sleeping Bag
 - Sleeping Mat
 - Knife, Fork, Spoon
 - Tin Opener (may be included on Pocket-knife)
 - Pocket-knife/Leatherman
 - Plate/Bowl you might like to consider eating from the Trangia pans
 - Cup/Mug
 - Shorts
 - Towel - preferably Quick dry towel
 - Soap/All in one soap
 - Toothpaste just enough for duration of trip
 - Toothbrush - Cut down for less weight
 - **Toilet Paper
- Clothing:
 - Walking boots (well broken in) (not needed for cycling can be kept with ruc-sack)
 - Socks/Walking Socks - Try to get ones with no seams where they could rub
 - Shirts
 - Sweater/Jumper
 - Trousers (Not Jeans) - Try to avoid seams/rivets where they could rub
 - Underwear
 - Trainers (. They also provide you with footwear for around the campsite - you may prefer flip-flops)
 - Sun hat
 - Sunglasses
 - Suntan cream
- Group Equipment:
 - **Tent
 - **Pegs
 - **Poles

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- **Stove/Trangia
- **Spare gas
- Bike spares/tools
- Gaffa tape
- Soap Pad/Brillo Pad/Washing Up equipment
- Washing Up liquid
- Tea Towel
- Water Container
- Food
- Trowel for if caught short
- **Route Cards
- Map Case
- **We will provide cycle racks and pannier bags
- **If required we may need to provide front carriers
- Rucksacks are not to be used whilst cycling if absolutely necessary only a small day bag should be used on your backs.

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www.scoutexp.co.uk.