

## Practical Leadership Weekend Kit List

Having the right equipment is vital to the success of your leadership weekend and offers an ideal opportunity to test it in preparation for your overseas expedition. The following is a guide to what is needed. The list can be adapted to suit personal requirements and the weather, but it is worth remembering that bringing it will probably mean carrying it!

We always recommend being sustainable and finding out what you might be able to borrow from friends and family, rather than buying new, if you are unlikely to use an item again.

This challenging but enjoyable weekend is an excellent opportunity to put together your leadership training and prepare for your overseas expedition. If you need any further details, please contact the Customer Service Team on [customer.service@outlookexpeditions.com](mailto:customer.service@outlookexpeditions.com).

## Individual List

- Sleeping bag (2 or 3 season for the UK, early Springtime) & liner
- Sleeping mat (only if camping)
- Large expedition rucksack (65litres)
- Rucksack liner or plastic bags are ok but use the strong ones to keep items dry/ separate
- Small day bag and waterproof liner (approx. 25-30 litre rucksack)
- Walking boots (good quality with high ankle support)
- Waterproof jacket and trousers
- 1 x thick jumper/ fleece
- 2 x long sleeved tops
- 2 x T-shirts
- 2 pairs walking trousers
- Thermal/ warm clothes (for cold weather and nightwear)
- Underwear as required
- 3 x pairs of thick socks
- 3 x pairs of thin/ lining socks (if required)
- Warm hat & set of gloves
- Sunglasses, lip salve
- Wash kit & towel (lightweight towel recommended)
- Hand sanitiser – dry gel
- Head torch and spare batteries
- Small notebook (in a waterproof bag)
- Pencil (better than a pen when wet)
- Watch, small Swiss army style penknife (take care when handling at all times)
- 2 x reusable water bottles (1 litre each) or Camelback bladder
- Knife, fork, spoon (or 'spork'), bowl and mug

- Plasters/ blister patches
- 24hours worth of emergency food for example: 2 flapjacks, banana/ apple, 2 x dried pasta meals (just add water type), chocolate bars, 2 x sachets of hot chocolate drink
- If you take prescription medication, ensure you bring enough supply for the duration of the weekend. All known medical & mental health conditions and/or prescription medications should be declared to Outlook at the earliest opportunity.

### **Cold weather extras**

It is hard to predict how you might feel the cold during your leadership weekend. We strongly recommend that you bring a few extra items to keep you warm and happy. It is unlikely you will need these extra items for your actual overseas expedition, so please do borrow rather than buying new.

Don't worry about fitting your extra items in to your rucksack, or having to carry extra weight, bring them in a separate bag which you can leave at the campsite.

- Base layers of warm clothes for sleeping in, including thick socks.
- Gloves, Scarf or Snood
- Extra hat or balaclava
- Bring a warm blanket to go over your sleeping bag or borrow a thicker sleeping bag

### **Group kit**

Organise with your team who is going to be responsible for bringing the following items for team use.

- Long safety matches (waterproof ones are best)
- Food container, foil or alternative to store packed lunches
- Bin bags - for waste
- You must bring all the food for your expedition training with you. Your teacher has been given your food budget and you will need to shop before you leave.

### **The below items will be provided for you by Outlook**

- Tents
- Stove and fuel
- Washing up kit
- Walking safety rope, sling and karabiner
- Maps & compass
- Group First Aid kit and chlorine tablets (to allow participants to sample the taste of chlorinated water)