



Elemental Outdoors

Expeditions Kit

We recommend lightweight equipment and to ensure you have the correct kit without taking items you do not need.

The “Essential Kit” is required at minimum. We can provide some of this equipment shown to the right hand side, although we suggest you bringing your own for comfort. Please contact us via email or on +447890627422 if you do not have access to any items, at your earliest convenience. If we deem it unsafe to take you out in the equipment and clothing you have on the day, the activity will be either rebooked or cancelled.

Your Kit	We Provide / Optional Extras
<p>Essential Kit:</p> <ul style="list-style-type: none"> • Sturdy walking boots with ankle support • Walking socks • Waterproofs • Breathable and warm clothing (plenty of it on cold days) • Plenty of water • Plenty of nutrient rich foods for 3 meals a day while out, such as nuts, cereal bars, cheese, fruit bread. Include extra snacks for the day. We suggest buying ready made packs to heat on a stove for evening meals and breakfast. • Well fitted rucksack • Rucksack Liner and / or outer for wet days. • 2x Headtorch or 1 with spare batteries / charger. • Lighter for the stove <p>Optional Extras you may wish to bring:</p> <ul style="list-style-type: none"> • Flask / Hot drink • Walking Poles • Map • Compass • Blister Plasters • Personal First aid kit • Water purifier • Tea / Coffe • Tent • Roll Matt • Stove and Gas • Sleeping Bag • Spare socks / night clothing • Book • Suncream (essential on sunny days) • Cap 	<p>We will provide (included in your booking):</p> <ul style="list-style-type: none"> • Tent (1-3 people per tent) • Sleeping Bag • Roll Matt • Stove • Rucksack • First Aid / Safety Equipment will be carried by our instructor <p>Essential Kit we can lend for an extra charge: (you must contact us to request this with plenty of notice)</p> <ul style="list-style-type: none"> • Sturdy walking boots with ankle support • Walking socks • Waterproofs • Breathable and warm clothing (plenty of it on cold days) • Plenty of water • Plenty of nutrient rich foods such as nuts, cereal bars, cheese, fruit bread • Well fitted rucksack • Rucksack Liner and / or outer for wet days. <p>Optional Extras you may wish to bring:</p> <ul style="list-style-type: none"> • Walking Poles • Map • Compass • Water purifier

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