

D COMPANY KIT LIST

(KIT REQUIRED FOR EXPEDITION OR ON HILLS SHOWN IN BRACKETS)

Kit supplied by Cadet	Kit normally supplied by Battalion
Underwear 1 per day and 1 spare	All issued cadet uniform
Socks 1 per day and 1 spare	Map, group leaders only
Change of clothes, include top and trousers	<i>(Compass, group leaders only)</i>
T shirt x 2	<i>(24 hr rations, 1 per day)</i>
Sports shorts and top or tracksuit.	<i>(Tent)</i>
Trainers	<i>(Cooker)</i>
Water bottle <i>(1 litre minimum preferably)</i>	<i>(Mess tins)</i>
Washing and Shaving kit	<i>(Poncho or waterproofs)</i>
Boot cleaning kit	<i>(Bungee or string)</i>
Towel hand x 1 Towel bath x 1 Face cloth	<i>(Water re-supply, when cadet's own supply runs short)</i>
Twisters	<i>(Whistle, group leaders only)</i>
Sleeping bag <i>(2 to 3 season with compression sack)</i>	<i>(Emergency contact details)</i>
Washing up kit <i>(include a little washing up liquid and a scouring pad)</i>	
Boots Combat High <i>(or black walking boots)</i>	
Waterproofs <i>(Waterproof jacket, kagool or similar)</i>	<i>*Note (can be supplied by Bn)</i>
Combat 95 Fleece <i>(OG or DPM)</i> or warm pullover	
Lighter or matches, to light cookers	
Bergen or Rucksack <i>(preferably green or DPM)</i> for all the kit to go into	<i>*Note (can be supplied by Bn)</i>
Torch <i>(include spare batteries)</i>	
Small radio <i>(include spare batteries)</i>	
Black bags to provide a waterproof system for rucksack	
Emergency rations, chocolate bar, etc	
Small first aid kit	
Route Card	
Toilet tissue <i>(at least 1 roll)</i>	<i>*(24 hr Ration packs carry a small supply of tissue)</i>
Combat 95 Pattern Webbing <i>(OG or DPM)</i>	<i>*Note (can be supplied by Bn {not Combat 95})</i>

Top Tips

- When packing kit into rucksack heavier equipment to the bottom, ensure kit that is required quickly is easily available eg, waterproofs, first aid kit etc.
- Think about how comfortable the pack will be to carry (do not have items that will dig into your back or hips when carrying.)
- Keep everything to a minimum only carry those items you **need**.