



Proud to deliver



HEADS OF STATE AWARDS OPASS CHAPTER



BRONZE EXPEDITION (3 DAYS / 2 NIGHT)

1. Health Insurance Card
2. Clothing & Footwear
3. Walking boots
4. 2 pairs of walking socks (1 worn, 1 spare).
5. 2 technical t-shirts (wicking material, no cotton).
6. 1 fleece or warm mid-layer.
7. 1 pair of walking trousers (zip-offs or leggings; no jeans).
8. Waterproof jacket and trousers.
9. Underwear (synthetic is best).
10. Flip-flops or crocs (for wearing around the campsite).

EQUIPMENT

11. 65L Rucksack with a waterproof liner.
12. Sleeping bag (2-season is usually fine).
13. Roll mat (foam or inflatable).
14. Head torch with fresh batteries.
15. Plate, bowl, mug, and cutlery.
16. Water bottle (minimum 2L capacity).
17. Personal First Aid Kit (plasters, antiseptic wipes, medication).
18. Small wash kit (toothbrush, toothpaste, deodorant).
19. Sunscreen and lip balm.
20. Food (2Night)
21. 3 Breakfast, 3 Lunches, 2 Dinner.
22. High-energy snacks (trail mix, cereal bars).

SILVER EXPEDITION (3 DAYS / 2 NIGHTS)

Everything in **Bronze**, PLUS:

Clothing & Footwear

3 pairs of walking socks (essential to keep feet dry for 3 days).

3 technical t-shirts.

1 extra thermal layer (mornings in the hills are colder).

Hat and gloves (even in summer, hilltops get chilly).

EQUIPMENT

Higher quality waterproofs (Silver often involves more exposure to wind/rain).

Small microfibre towel (fast-drying).

Power bank (for phone/emergency use over 48+ hours).

Increased water capacity (2.5L suggested if it's hot).

Food (2 Nights)

2 Breakfasts, 3 Lunches, 2 Dinners.

Electrolyte tablets (to add to water for better hydration).

GOLD EXPEDITION (4 DAYS / 3 NIGHTS)

Everything in **Silver**, PLUS:

Clothing & Footwear

4 pairs of walking socks (rotate them; keep one pair strictly for sleeping).

4 technical t-shirts.

Down or high-loft synthetic jacket (packs down small but very warm for high-altitude camps).

Thermal leggings/base layers (for sleeping and cold starts).

EQUIPMENT

Water purification tablets (if you need to source water from streams).

Lightweight focus: Swap heavy gear for "Ultralight" versions where possible.

Survival Bag (heavy-duty orange plastic bag).

Map case & Compass (Personal set is highly recommended at Gold).

Insect repellent / Midge net (especially if in Scotland or damp valleys).

Spare bootlaces.

Food (3 Nights)

3 Breakfasts, 4 Lunches, 3 Dinners.

Emergency Rations: High-calorie food that stays in your bag "just in case."

Salt/Sugar sachets (to keep energy and sodium levels balanced over 4 days).