

## **Equipment List (Personal kit)**

This is the minimum amount of equipment needed for a Duke of Edinburgh expedition.

**NB: Failure to bring the correct equipment may stop you going on expedition**

- Walking Boots or sturdy trainers- they must give adequate support
- Walking socks - 3 x pairs (Thick socks or football socks)
- 3 x pairs of thin liner socks
- Thermal top x 2 - e.g. football jersey (No cotton t-shirts or vests)
- Sweater x 2 - Fleece top or woollen jumper
- Walking trousers x 2 - Tracksuit bottoms or similar, **NO JEANS**
- Waterproof Jacket with hood
- Waterproof Trousers
- Hat + Gloves (Even in summer)
- Rucksack - 60 litres approx.
- Rucksack liner. Or large thick plastic bag/bin liner will suffice
- Sleeping mat
- Sleeping bag (stored in plastic bag)
- Watch
- Torch with spare batteries
- Knife, Fork & Spoon, Mug + Plate (**PLASTIC**)
- Toothbrush
- Water bottle (1 Litre minimum)

## **Group Kit (to be shared amongst your expedition team)**

- Tent \* (It is up to you to check you have poles and pegs)
- Stove\* 2 x Trangias per group
- Maps 2 per group \*
- Compass\*
- Plastic bags x 4 for rubbish
- Small first Aid kit
- Toilet Paper
- Mobile phone in sealed bag (1 per day per team.)

\*equipment available from school

If you are unable to purchase a rucksack or sleeping mat, we have a very limited supply. Please tell Mr Bates immediately if you require one.

**First Aid kit - below is a sample list of things you could put into your First Aid kit**

- Antiseptic wipes
- Insect Repellent
- Lysol
- Elastic Bandages
- Plasters
- Sun tan lotion
- Scissors/safety pins/tweezers
- Any of your own medication

**NB: PLEASE REMEMBER YOUR PERSONAL MEDICATION  
E.G. INHALERS**

**Resources:**

<http://www.dofe.org/> The official DofE website - have a look as it will answer any questions you may have about the award.

Shops: GoOutdoors, Outlet Village, Cotswold Outdoor, Millets (search online). Show your DofE card and you may be able to receive a discount. Enjoy the award and remember the school have a supply of equipment to lend out to you, so you do not need to spend a fortune in the camping shop!