

Equipment List (Personal kit)

NB: Failure to bring the correct equipment may stop you going on the expedition. Remember you will be wearing one of these sets of clothing and the other will be a spare.

- Rucksack - 65 litres or more
 - Rucksack liner. Or large thick plastic bag/bin liner will suffice
 - Sleeping mat
 - Sleeping bag (stored in plastic bag to keep dry)
 - Waterproof jacket with hood.
 - Waterproof over trousers.
 - Hat + gloves (Even in summer).
 - Sun hat/baseball cap, suntan lotion, (sunglasses optional)
 - Water bottles (2 Litre minimum)
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- Walking Boots or sturdy trainers- they must give adequate support and be broken in.
 - Walking socks - 2 x pairs (Thick socks. Wool is good material.)
 - 2 x pairs of thin liner socks
 - Base layer/thermal tops (short sleeve) x 2 - e.g. football jersey (No cotton t-shirts or vests)
 - Long sleeve base layer
 - Sweater x 2 - Micro fleece top or woollen jumper.
 - Walking trousers x 2 - Tracksuit bottoms or similar, **NO JEANS**
 - Underwear.
 - Nightwear.
 - Light flip flops/sandals for evening.
 - Watch
 - Torch with spare batteries (a head torch is preferable).
 - Knife, fork, spoon, mug, plate/bowl (PLASTIC), plastic bag for rubbish
 - Toothbrush/toothpaste
 - Hand Sanitizer

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 Trangia's 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 me immediately if you require one.

First Aid kit - below is a sample list of items.

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

**NB: PLEASE, PLEASE REMEMBER YOUR PERSONAL MEDICATION
EG INHALERS ETC!!!!**

Resources:

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

Shops: GoOutdoors, Outlet Village, Cotswold Outdoor, Millets, TKMAX, online searches. **Mention DofE or use your DofE card and you may be able to receive a discount.**

Enjoy the award and remember the school has a supply of equipment to lend out to you, so you do not need to spend a fortune in the camping shop!! Speak to Mr. Bates for further advice if necessary.

The DofE team.

How to pack your rucksack.

View the following video about how to pack a rucksack:

<https://www.youtube.com/watch?v=rZwpe5nxexs>

