

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 or dry 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 2 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
- Lysol
- 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.

An example of how to pack your rucksack. Aim to not have items swinging around on outside.

