



Duke of Edinburgh Kit List

Camping & personal items	<p>65 litre rucksack with adjustable straps for comfort. (It should have a rain cover to keep the bag dry)</p> <p>Sleeping bag in a rubble bag. (the warmer the better, as temperatures drop at night, you can also bring a liner if you need one)</p> <p>Sleeping roll mat, wrapped in a rubble bag.</p> <p>Plate, mug, cutlery, or spork. (preferably plastic or metal)</p> <p>Personal hygiene wash gear. (micro towels are good)</p>
Clothing	<p>Walking boots with ankle support. (please make sure they worn in before the expedition, to prevent possible blisters)</p> <p>2 x cotton t shirts or breathable ones.</p> <p>2 x fleeces. Micro ones are best. (no jumpers/hoodies)</p> <p>2 x walking trousers or leggings from a walking/camp store. (no jeans, shorts, jeggings, yoga pants. We can accept jogging bottoms but not fleece type at bronze level only)</p> <p>2 x walking socks.</p> <p>Waterproof jacket with an attached hood. (Pac a mac's at bronze level)</p> <p>Waterproof over trousers. (these will keep your trousers dry when it is raining)</p> <p>Woolly hat.</p> <p>Sun hat.</p> <p>Warm gloves.</p> <p>Sunglasses. (optional)</p> <p>Walking gaiters. (optional)</p>
Emergency items	<p>Whistle</p> <p>Pencil and notebook.</p> <p>Small personal first aid kit. (needs to contain enough items to use during an emergency as well as personal medicines. Please inform by letter any medication your child is prescribed by a doctor. Our Leaders will need spare medication in case your child loses theirs)</p> <p>Torch or head torch with spare batteries.</p> <p>2 x 1 litre water bottles or a 2 litre hydration bladder. (no plastic shop bought water bottles are allowed)</p> <p>Box of matches and a lighter for backup.</p> <p>Survival bag. (silver and gold level only)</p> <p>Expedition food. (a menu will be required to be filled in prior to the expedition, foods will not need to be shown at the kit)</p> <p>Emergency rations. (silver and gold level only, this should contain a separate meal, a hot drink sachet, some dried fruit or mixed nuts and some chocolate bars and this needs sealing up in a bag and labelling 'Emergency Rations')</p>

Group items	<p>2 x mobile phones. (only for emergency use only – they will be sealed in a bag, taped and handed back to your child)</p> <p>2 - 3 man tent (S). (divided between those sharing it, please note separate tents for boys and girls)</p> <p>Portable stove e.g. Trangia (S) – only self-sealing gas or methylated spirit/gel burn stoves are allowed. (we will supply the meths in a fire retardent bottle)</p> <p>Brillo washing up pads – essential to clean all pans.</p> <p>Tea towel.</p> <p>Spare plastic bags to collect rubbish.</p> <p>Travel alarm clock. (students responsibility to wake the group in the morning)</p> <p>Sun cream.</p> <p>Trowel. (silver and gold level only)</p> <p>Toilet paper. (silver and gold level only)</p> <p>2 x watches.</p> <p>Water purification tablets, a few packs per group. (gold level only)</p>
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eDofE profiles will need to be kept up to date throughout your child's programme, so that your child is eligible to take part on the expeditions.

(All equipment should be grouped, wrapped and sealed using rubble bags or freezer bags or dry sacks.)

Participants will have a kit check for the practice as well as the assessed expedition. Rucksacks must be packed as it would be on the day of the expedition.

(S) a small hire fee will be required for our equipment and this must be booked with your child's Leader 1 week prior to their expedition.

All the above items can be purchased from most outdoor camping stores. Your child should receive a discount from these stores, if you present your child's eDofE discount card to the shop cashier before purchase.

If you need to ask a question about any item of kit or about the kit list, please contact Mr Semmons, DofE Manager.