

Expedition Kit list

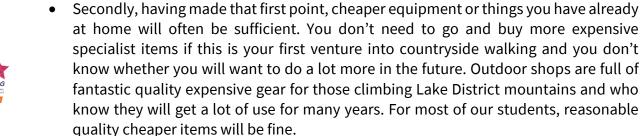


Guidance for Buying your own Expedition Equipment:

If you buy some of your own equipment then you can keep it for the future. If you are thinking of doing this, then here is some guidance which is meant to help by explaining what you do need but also pointing out where you can save money and avoid buying expensive things that you don't need. Here are three points to emphasise at the start.



Firstly, it is essential to be properly equipped because we will be outdoors for two days and one night and even in summer, the British weather can be cold and wet. If we have suitable waterproof and supportive footwear and if we are wearing clothes that keep us warm and dry then we will enjoy our expedition whatever the weather. If we allow ourselves to get cold or wet then it will be miserable.





Lastly, you have good discounts available (at least 10% and often more) with your DofE discount card which should have been posted to you after you registered on eDofE back in October. Details are available online at this link (including what to do if you've lost or not received your card) https://www.dofe.org/shopping/card/ These discounts are available with a range of DofE's partner outdoor suppliers, including Go Outdoors and Blacks.



Waterproofs



These are absolutely essential to keep us comfortable and safe. Waterproofs also keep the wind chill off, which is just as important. Waterproof jackets must have a hood. You can pay more for more comfortable waterproofs. However, it makes sense to buy a reasonable, cheap waterproof jacket unless you really know you'll use it quite a bit in the future. Waterproof trousers are worn less often so a cheaper pair makes sense here too. We are buying Regatta waterproofs for our kit store which are cheap and basic, but reasonable.



We would definitely advise buying cheaper waterproofs from an outdoor supplier rather than from a supermarket. A quick look at the GoOutdoors website shows several waterproof jackets at less than £20 (not counting DofE discount). Walking Boots You need proper walking boots with a sturdy sole for rough ground and ankle support. Trainers are not sufficient. This is particularly true for our expedition as we will be carrying large rucksacks which makes us more top heavy and boots with ankle support are all the more necessary. Waterproof boots will keep your feet dry if it rains. Fabric boots will be cheaper than leather and are lighter weight. You should be able to find waterproof fabric walking boots in the larger outdoor shops for as little as £35 or £40 (not counting DofE discount). Decathlon have waterproof walking boots from £30, although not with DofE discounts. We strongly advise going to the







down your pack just to make double sure.



shop and trying walking boots on for comfort rather than buying online. Buy boots half a size bigger than your normal size. Try them on with two pairs of socks, a thinner pair and a thicker outer pair. This helps protect against blisters caused by boots rubbing. Wear them for a few walks to get used to them. Don't wear them for the first time on the expedition.

Sleeping Bag, Liner & Mat

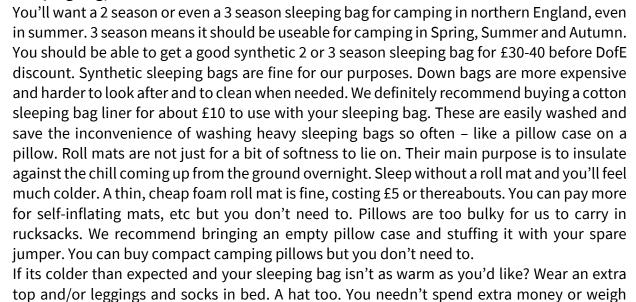






































DofE Bronze Expedition Kit			
Personal Kit	School	Got It	Packed It
	Provided?		
Item			
Clothing - General day and night			
Walking boots			
Hat			
Gloves			
Rucksack	Υ		
Sleeping mat	Υ		
Sleeping bag	Ask if required		
Watch			
Whistle			
Torch and spare battery			
Emergency food rations			
Water (1-2 Litres)			
Eating Kit (knife, fork, spoon, plate, mug etc)			
Wash kit			
Waterproof coat / jacket	Ask if required		
Waterproof bottoms	Ask if required		
Sun cream			
Food – see note			
First aid kit personal			
Any ongoing medicines e.g. Inhalers, insulin, etc.			
Emergency blankets	Υ		
Group kit – to carry as part of the group	School Provided	Got it	Packed
			it?
Items			
Tent	Υ		
Trangia	Υ		
Fuel	Υ		
meth's or gas	Υ		
Washing up kit			
Maps	Υ		
Compass	Υ		
Camera (Optional)			
Notebook and pencil			
Bin Bags			

Clothing Tips

Avoid cotton - these can hold moister and become heavy

No Jeans

Store all clothes in bin bags to avoid getting wet

Food tips for 1, 2

Evening meal - avoid carry cans (heavy) - empty contents into leak-proof container

Breakfast

Snacks that will provide an energy boost are advised.

