

Recommended Kit List

Bronze and Silver Expeditions

Personal kit – provided by yourself (red indicates can be borrowed from school)

- **Large Rucksack**
- Waterproof Liner for rucksack (or 2 strong plastic bags)
- **Sleeping bag** (*plus liner - optional*)
- **Roll mat**
- Waterproof Jacket / Gaiters
- Walking trousers
- Waterproof Over-Trousers – not jeans
- Underwear and nightwear
- **Walking Boots**
- Flip flops/trainers (campsite use)
- Walking socks – enough pairs for each day walking and spares
- Clothes suitable for expedition (t-shirts x2-3; thermal t-shirt optional; fleece tops, shorts – weather dependent)
- Spare sets of clothes – check weather forecast
- Hat/Gloves/Scarf – even in summer conditions in case of emergency
- personal medication
- Wash Kit and towel
- Torch + spare batteries
- Water Bottle (at least 1 litre capacity)
- Packed lunch plus snacks (check how many days you're walking for)
- Matches (no lighters)
- Mug
- Knife/Fork/Spoon
- Plate/bowl
- Whistle
- Sun Cream
- Insect repellent
- Small quantity of money (optional – no more than £5)
- Notebook and pen
- Mobile phone (to be brought at owner's discretion – we do not accept any responsibility for any lost or damaged phones) – to be used in emergencies

Team Kit

(as a team this needs to be planned who will provide which item)

- Food (meals planned as a team) – breakfast, lunch and evening meals
- Tin opener
- Pan Scourers / Cleaning equipment (including washing up liquid)
- Tea towels
- Plastic bags for rubbish
- Toilet paper
- Camera (optional)
- Ball/playing cards etc (optional for campsite)

Provided by school:

- Tent
- Camping stove/Trangia
- Fuel and fuel bottle/matches
- Maps
- Compass
- First aid kit

Kit hire:

We are able to provide the following equipment if required:

- walking boots (limited supply of sizes)
- sleeping bag
- roll mat
- large rucksack

Please use the kit hire form if required. Please note this equipment **MUST** be returned to us following the expeditions as we use this again for other students. It must be returned in good condition and respected.

Expert kit advice

For more information and expert advice about expedition kit, hints and tips, money saving ideas and videos visit [DofE.org/shopping/expedition-kit](https://www.dofe.org/shopping/expedition-kit)

You can get free in-store expert boot and rucksack fitting at GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso.

Can't find what you're looking for? Order online using your voucher or DofE Card at [GOOutdoors.co.uk](https://www.goutdoors.co.uk) | [Blacks.co.uk](https://www.blacks.co.uk) | [Millets.co.uk](https://www.millets.co.uk) | [Ultimateoutdoors.com](https://www.ultimateoutdoors.com) | [Tiso.com](https://www.tiso.com) and claim your discount.

Remember, equipment will be checked by your Expedition Supervisor for its suitability before the start of the expedition.