

Duke of Edinburgh Expedition - Participant Equipment List



Name:

DofE Card – Found in your DofE Welcome Pack - Saves at least 10% with your DofE Card at 5 DofE Recommended Retailers: Go Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso

Clothing – (Suitable for number of days on expedition)

<u>Items Required</u>	<u>Notes</u>	<u>Got it?</u>	<u>Packed it?</u>
Pair of Walking Boots	Waterproof with Ankle Support		
Walking Socks			
Waterproof Jacket	With a Hood – NOT A PUFFER STYLE COAT!		
Waterproof Trousers			
Fleece Tops			
T-Shirts	Not cotton		
Walking Trousers	No Jeans or cotton leggings		
Underwear			
Nightwear	Consider wearing the next days clothes to sleep in as it will save weight		
Alternative Footwear	Flip flops/crocs for around Camp		
Hat	Sunhat or Woolly Hat?		
Gloves			

Personal Equipment

<u>Items Required</u>	<u>Notes</u>	<u>Got it?</u>	<u>Packed it?</u>
Rucksack	55 – 75 litres – can be borrowed from school		
Rucksack Liner	Dry Bags/Bin Bags		
Sleeping Bag	In a waterproof bag		
Sleeping mat	Not a yoga mat		
Whistle	You may already have one on your rucksack		
Torch	Head torch if possible and please check the batteries before you leave		
Personal First Aid Kit	Including any personal medication – see below		
Food	MENU WILL BE AGREED ON THE TRAINING DAY		
Water Bottle	1 or several, able to carry a total of 2 litres of water		
Cutlery	Do you need knife, fork and spoon? How about a spork?		
Plate or Bowl	One of - not both		
Mug	Plastic, not china		
Matches/ Long Lighter	One clicker lighter or a box of long matches in a waterproof bag per team		
Wash Kit	Travel sized toothpaste/deodorant etc. NO FULL SIZED ITEMS PLEASE		
Toilet Paper	Small amount – packed in a small plastic bag		
Sun Cream/Sun Glasses	Only a small bottle each or one medium sized one per team		

Team Equipment

<u>Items Required</u>	<u>Who's Bringing?</u>	<u>Got it?</u>	<u>Packed it?</u>
Tent	H5		
Camping Stove + Fuel	RHS		
Cooking Pans	RHS		
Map	RHS		
Compass	H5		
Washing up liquid	Small bottle only		
Tea Towel	One per team		
Plastic Bags (For rubbish)	One for each day		
Equipment for Expedition Aim	Camera/Pens/Paper etc. (paper in a jiffy bag)		

YOU ALSO NEED:

Paracetamol or Ibuprofen / Anti-Histamine (even if you do not have hay-fever) / Blister plasters AND normal plasters / ANY PERSONAL MEDS REQUIRED