

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)

Items Required	Notes	Got it?	Packed it?
Pair of Walking Boots	Waterproof and with Ankle Support – not trainers!		
Walking Socks	Ones that that are at least as high as your boots		
Waterproof Jacket	With a Hood – NOT A PUFFER STYLE COAT!		
Waterproof Trousers	You MUST have these		
Fleece Tops	Thin, to layer with		
T-Shirts	Not cotton		
Walking Trousers	Or Sports Leggings. 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 (lightest) / or crocs for around Camp		
Hat	Sunhat AND a Wooly Hat – you must have BOTH of these		
Gloves	You MUST have these		

Personal Equipment

Items Required	Notes	Got it?	Packed it?
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 as this has no thermal insulation and you will be very cold		
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		
Watch	A cheap one that has an alarm		
Wash Kit	Travel sized toothpaste/deodorant etc. NO FULL-SIZED ITEMS		
Toilet Paper	Small amount – packed in a small plastic bag		
Sun Cream/Sun Glasses	Only a small bottle each or one medium sized per team - SPF50		

Team Equipment

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

YOU ALSO NEED:

1. Paracetamol or Ibuprofen
 2. Anti-Histamine (even if you do not have hay-fever)
 3. Blister plasters AND normal plasters
- ANY PERSONAL MEDS REQUIRED including inhalers