

Expedition Equipment List Guidance

Clothing Many thin layers provide best protection from the cold as air trapped between them provides the best insulation. This allows the wearer to easily remove or add clothing as conditions dictate. Clothing loses its insulation properties when wet, either from rain or sweat.

It is a good idea to think of three layers:

- Inner layer - to absorb perspiration
- Middle layer - to provide insulation
- Outer layer - to keep the wind and rain out

Your outer layer should consist of a set of waterproofs (over trousers and jacket). Avoid buying new clothes try to borrow waterproofs?

Socks are vital. Some people like to wear two pairs, one thick and one thin pair, but one thick pair is usually enough.

Headwear is crucial. Having a hat is essential for temperature control and a pair of gloves.
(It **will be very cold** at night, sub zero even in summer.)

Spare clothing should be carried although care should be taken not to weigh your rucksack down with too much. Jeans are not allowed due to their highly impractical nature. Sturdy trainers are fine or light weight/summer walking boots ideal.

Personal camping equipment A rucksack that fits well and enables you to carry the load high and close to your back is best. A 65 litre capacity is more than sufficient. No rucksack is entirely waterproof so you should always use a thick plastic liner such as a builder's rubble bag. (these can be borrowed from school if needed)

A good 2 season sleeping bag with a synthetic hollow fibre filling is adequate for Bronze level. A compression sack will ensure that it takes up a minimum amount of room in your rucksack.

Sleeping mats made of closed cell foam do not absorb water and so are ideal as they can be strapped to the outside of the rucksack enclosed in a rubble sack.

A water bottle made of tough plastic to ensure no leaks. Eating utensils are easily forgotten. A simple plastic mug with a knife and spoon is all that is needed.

Light & simple personal wash kit. Include wet wipes, toothbrush and toilet paper.

Emergency rations - such items as chocolate bars, nuts, dried fruit or mint cake should be kept aside for emergency use. As such they should be in a sealed bag that can be inspected.

Group camping equipment This is equipment that you will use as a team. You will need to discuss with your team members who is going to carry what so that the loads are distributed fairly.

Tents are probably the heaviest bit of camping equipment and it is a good idea to share the separate parts of the tent among your group. (Tents can be provided by school)

The stoves include the pots you need for cooking. (Stoves and fuel are provided by school)

One small torch should be carried by the group.

A **basic first aid kit** must be carried in the group. You should also ensure that you carry any personal medication required, for example an inhaler for asthma.

Washing up materials are needed, a sponge scouring pad & a small quantity of washing up liquid. A small dishcloth or tea towel can be useful.

Other Equipment:

Map(s) and compass - this is best kept in a bag or map case to protect from weather unless laminated. (Provided by the school)

Matches - vital if you are to cook. You should make sure that you keep them dry by placing them in a film pot or similar box.

Sun cream is very important, as sunburn is one of the most commonly overlooked problems in summer time.

Small amounts of money (£1) for use in a telephone box in an emergency. Participants should note that when on assessment, you are not allowed to purchase anything. Don't forget to include **food** when packing your rucksack!!

Reminder: You will have to **carry everything at all times** when you are walking. You have seen how to pack a rucksack and you should remember to keep the weight of your pack to a **maximum of 25% of your body weight**.

There may be other items that you wish to bring. Remember that you must be able to justify carrying the extra weight.

Priority must be given to the above items **PLUS** your share of the group equipment (Tent, stove, fuel and food items)

The Duke of Edinburgh's Award – Bronze Expedition Kit List

Packing your Rucksack

- Pack in reverse order to your unpacking needs
- Get heavy items as high in the sack as you can
- Carry only non-breakable items/ no valuables/ or jewellery
- Check off items from the kit list as they are packed.
- Organise everything in smaller plastic bags; you will need to empty your rucksack many times.
- Place all items in a rubble sack to keep things dry as bin bags rip too easily.

To Wear Walking

- Walking boots
- Walking socks
- Trousers (*NOT denim/jeans*)
- Thin base layer (synthetic material. E.g. Football shirt)
- Thicker fleece / Warm sweater (*Quick drying ie not heavy cotton*)

Personal Kit (to carry)

- Approx. 65l Rucksack (Can be borrowed from school)
- Waterproof rucksack liner (strong bin liners)
- Mat to sleep on (some available to borrow)
- 2/3 Season sleeping bag in a waterproof bag
- Waterproof jacket with hood & taped seams
- Waterproof over trousers (essential)
- Spare walking socks - a pair for each day
- Underwear
- Survival bag (approx. £3 from go outdoors)
- Shorts (optional)
- Spare Walking trousers (Also for sleeping in)
- Spare Warm fleece top (Also for sleeping in)
- Fleece/wool hat - (essential)
- Warm gloves - (essential)
- Personal medication (as required)
- Water bottle and water - 2 litres
- Knife, spoon, Plastic Plate/bowl/plastic mug
- Plastic Mug
- High calorie food for in an Emergency
- Wash kit and part of a loo roll
- Sunhat & sunglasses
- Additional footwear in case of blisters/evening wear eg Flip-flops/Sandals or light weight trainers

Do not bring personal stereos or ipods.

Mobile phones may be taken but use should be limited to contact with supervisors or emergency services.

Key

- you provide
- ❖ *Provided by school (if requested)*

Words underlined are essential items

Group kit (to carry between the walking team)

- Lighter/matches
- Pan scourers
- Washing up liquid in small container
- Tea towel
- Pocket-knife / tin opener
- Plastic bags/bin liners for rubbish
- Food - breakfast, lunches and dinner each day (as advised)
- Watch
- Small game/Frisbee/ball

Group First Aid Kit (to carry)

Each group should have at least one first aid kit between them as well as any personal medication.

- Small roll of micro-pore tape or blister treatment
- Assorted plasters
- Small safety pins,6
- Scissors blunt ended
- Surgical gloves, pair
- Antiseptic cleansing wipes
- Wound dressing, small
- Bandage, 7.5mm
- Bite/sting cream
- Insect repellent
- Torch
- Sun cream / Lip salve

