

Duke of Edinburgh's Expedition Kit List

The DofE Award Scheme requires you to be fully equipped for all expeditions. You must have a full set of essential kit. You may be disallowed from taking part if you don't bring the essentials.

Essential Kit	
Waterproof jacket with integral hood AND over trousers	
Walking boots	Walking socks
Trousers to walk in.	
Base layer PLUS Mid Layer 1	PLUS Fleece – Mid Layer 2
Hat – even in the summer it can get cold and wet	Scarf / Buff – optional but very sensible
Gloves – even in the summer it can get cold and wet	

The set you'll need in your rucksack – waterproofed

Spare clothes – ONE set

- Base layer
- Mid Layer 1
- Mid Layer 2 - fleece
- Underwear
- Socks (lots)
- Leggings/trousers

Other Personal Kit

Rucksack – of the size most comfortable for you in your circumstances plus a waterproof bag		
Compass	Whistle – on your rucksack,	Survival Bag
Watch – not smart watch please.		
Water/drink bottles - sturdy		
Pocket knife/tool	Box of Matches – wrapped	Spare laces
Torch and spare batteries		
Personal 1 st aid – let us know if you have to take painkillers or other regular medication		
Plastic carrier bags for wet/dirty gear. And last-minute waterproofing!		
Loo paper or wipes, with nappy sack or the like to bag tissue/hygiene items and take out		
Small hand sanitiser		
Sun cream and Lip Balm – wind can burn/dry too	Insect repellent – depending on time of year	
Phone – switched off and sealed – emergency purposes only		

Personal Eating

Emergency Rations (additional, such as snack bars, cup a soup etc, enough to sustain for a few hours)			
	Bronze	Silver	Gold
Snacks for each day	Yes	Yes	Yes
Packed Lunch for each day	2 days	3 days	4 days
Evening meal for each day	1 day	2 days	3 days
Breakfast for each day	1 day	2 days	3 days

Other equipment

Sleeping bag (in waterproof bag)	Sleeping mat / karrimat
Underwear – enough for your camp	Eating gear eg Bowl (better then plate) and Mug.
Wash kit/ teeth cleaning/personal hygiene, small towel	Spork (KFS)

Group Kit

Tent – shared carry within group	Stoves and fuel
Washing up kit, soap & scourer. T-towel	Team first aid
Pencil & paper plus equipment for aim	