



The Education People Bronze & Silver Expedition Kit List



During your expedition you are required to be self-sufficient. This means you will need to carry everything you need for the duration of your expedition. On the DofE website you can find "The DofE Expedition Kit Guide" which gives advice on choosing and finding the right kit for your expedition <https://www.dofe.org/shopping/dofe-expedition-kit-guide/>

We have created a 'must have' list of kit with specific advice for you, the **Bold** items are classed as emergency kit which is essential.

We also have a store of kit that you can hire.

PERSONAL EQUIPMENT

Every participant must have everything listed unless stated as optional.

CLOTHING:	Got it	Packed it
1 pair walking boots (broken in) / trail shoes / sturdy training shoes suitable for the conditions		
1 pair walking socks per day (sock liners optional)		
2 T-shirts NO strappy or crop tops		
Thermal T-shirt (optional)		
1 fleece jumper or similar (avoid cotton hoodies)		
Camping nightwear (optional)		
2 walking trousers or THICK WALKING leggings, NOT jeans, jeggings or joggers, shorts NOT advised		
Underwear 1 set per day, must be properly fitting. Sports bra with wider shoulder straps will provide more comfort and support		
Flip-flops / trainers / crocs / sandals (lightweight) for campsite - NO bare feet allowed		
Warm hat or sunhat		
1 pair gloves (if appropriate)		
1 pair gaiters (optional)		
Waterproof over-trousers		
Waterproof and windproof Gaiter or Jacket, breathable fabric		

KIT:

Rucksack, minimum 60 litres		
Rucksack liner/rubble sack / drybag		
Sleeping mat		
Sleeping bag, recommended minimum 3 season rating		
Sleeping bag liner (optional)		
Wash kit / personal hygiene items (travel size), deodorant wipes, baby wipes etc.		
Towel, small/sports/travel		
Sunglasses		
Whistle		
Notebook & Pencil		

Water bottle - 2 x 1 litre bottles or 2 litre bladder		
Mug, plate/bowl, knife, fork & spoon set or spork		
Torch (head torch- preferred) small, lightweight (make sure the batteries are new and take spares)		
Sun cream, block or screen (if appropriate)		
Personal First-Aid Kit (See First-Aid leaflet)		
Emergency food rations (for 1 extra day), separate from the rest of your food, PUT IN CLEAR PLASTIC BAG AND SEALED		
Small pack travel tissues to use as toilet paper		

GROUP EQUIPMENT: to divide and carry between the team

Washing-up liquid, scouring pad / steel wool, tea towel & J-cloth		
Food, lightweight & including snacks		
Trangia resealable gas camping stove (these can be provided)		
Tin opener (if needed)		
2 x Route cards		
2 x Maps		
2 x Compasses		
2 x Watches (digital with alarm)		
Tents - checked for correct poles and number of pegs.		
Box of LONG matches in a waterproof container/plastic bag and / or piezo cooker long lighter		
Plastic bags (for rubbish etc)		
Camera if needed for project - mobile phones are NOT to be used unless SIM card is removed.		
Survival bag - 1 per team Bronze 2 per team Silver, 1 each Gold		
2 mobile phones per group (plenty of credit and fully charged) to be put in a plastic bag and placed inside First-Aid kit. Only to be used in an emergency – Remember however, that reception can be very poor in many areas.		

No personal iPod, stereos, bluetooth speakers or radios are allowed on expedition.

Please remember all equipment should be cleaned after use.