

# EQUIPMENT CHECKLIST

NO NUTS

## PERSONAL EQUIPMENT

- ☐ Walking boots (waterproof)
- ☐ Walking socks (with optional liner socks)
- ☐ 60-70 litre rucksack (with optional cover)
- ☐ Waterproof rucksack liner/dry bag + Spare plastic bags for rubbish/additional waterproofing of kit.
- ☐ Waterproof jacket (with hood) and waterproof over-trousers; both ideally breathable and the best quality you can borrow/afford. Always ask family and friends!
- ☐ 2x Warm layers (jackets or jumpers) (fleece is ideal – avoid heavy cotton jumpers!)
- ☐ Base-layers (breathable shirt/t-shirt – football/sports shirts are good)
- ☐ Walking trousers – avoid denim and heavy cotton jogging bottoms
- ☐ Shorts if appropriate (not denim and ensure they are long enough and not too revealing!)
- ☐ Appropriate spare clothing (clean underwear and socks for each day), thermals depending on time of year, kept in waterproof bag. NOT ENTIRE WARDROBE!
- ☐ Warm hat and gloves
- ☐ Sun hat and sunscreen (depending on time of year)
- ☐ Sleeping bag (temperature rating appropriate for time of year) with optional liner. 3 season
- ☐ Stuff sack with compression straps or similar, to reduce packed volume of sleeping bag. To be carried in 1 waterproof bag/dry bag minimum.
- ☐ Sleeping mat – in waterproof bag
- ☐ Personal first aid kit with any individual medications. The most common use of first aid kits is for blisters – ensure you have the right stuff to deal with them.
- ☐ Torch (with new/spare batteries depending on duration of expedition)
- ☐ Emergency whistle No Pocket Knives
- ☐ Watch (not mobile phone alternative!)
- ☐ Bowl, cup/mug (plastic/metal), knife/fork/spoon....or Spork...
- ☐ Personal hygiene kit/wash-bag (think small, compact and lightweight)

## GROUP EQUIPMENT

Maps are supplied, you MUST bring 2 x walking compasses per group.  
Tents, stoves, and gas are supplied.

Shower proof IS NOT waterproof, check for taped seams.

- ☐ **CLEANING ITEMS** sponge scourer, wash-up liquid and spare bags for rubbish etc.
- ☐ **EMERGENCY SURVIVAL BAG** minimum 2 per group
- ☐ **GROUP FIRST AID KIT** There should be sufficient and varied resources to deal with more serious incident e.g. triangular bandage, crepe bandage, ambulance dressing, large non-adherent dressing, gloves, cleansing wipes. These can be divided amongst personal first aid kits if preferred.
- ☐ **EMERGENCY MOBILE PHONE** minimum 2 phones per group, using two different networks, turned off and kept in waterproof bag/case
- ☐ If wild camping you will need **TROWEL, TOILET PAPER** (in waterproof bag) **AND NAPPY SACKS** for disposing of all sanitary items.
- ☐ **WATER FILTER** and/or water purification tablets - if wild camping you will need a method of purifying water to remove bacteria and particulates (several layers of material – e.g. a buff folded in half can be used to remove particulates).

Do not forget medical essentials, epi pens, inhalers, antihistamines. If it is on your medical form and you do not have it, you will not be able to start.

### OPTIONAL ITEMS

- ☐ Appropriate and compact night-wear, gaiters, walking poles, small pack- towel, small pocket-knife or multi-tool (if permitted by school), spare footwear for around camp, small quantity of money for post-expedition ice creams.
- ☐ Group shelter, Camera (Mobile Phone is for emergencies only, and does not count as a camera!)

Example Bronze meals you need to bring – **NO NUTS DUE TO PUPILS WITH ALLERGIES!**

Day	Breakfast	Lunch	Tea
1	At home	Pack lunch – no cooking	Substantial cooked meal
2	Breakfast	Pack lunch – no cooking	Home

## EXPEDITION FOOD

- ➔ On a DofE expedition you are required to cook at least one meal each day, and carry individual emergency rations (that don't require cooking).
- ➔ You may need about 50% more energy than usual: depending on your size, between 3000 and 4000 calories each day.
- ➔ Attempt to keep your diet balanced: dried fruit snacks, and some fresh vegetables for the first night, can help.
- ➔ Use food rich in complex and simple carbohydrates, fats for energy, and rich in protein.
- ➔ Avoid nuts entirely if required by your school, or because of an allergy within your group.
- ➔ If you've never eaten a type of food/meal before ensure you test it at home, before the expedition, and that it's tasty – the right food makes a big difference to team morale!
- ➔ Reduce weight and litter by removing packaging (keep instructions!), cooking in groups of two or three, and using dried food. Decant food into zip-lock bags and plastic Tupperware.
- ➔ Pack the food for each day/meal together.

### BREAKFAST IDEAS

(should be substantial and relatively quick to prepare!): hot drink, porridge (instant/ quick cook), cereal with dried milk powder (just add water), pittas with jam, brioche and ready-made pancakes. Add interest to your porridge or cereal with nuts, dried fruit, hot chocolate powder etc

### SNACK IDEAS

Cereal bars, flapjacks, granola, oatcakes with cheese spread, dried fruit, nuts, trail mix, pepperami, malt loaf, biscuits and chocolate bars. Eat snacks throughout the day.

## ! THINGS TO AVOID !

Bringing **FOOD THAT WILL NOT KEEP**, especially in hot weather.

Bringing **TINNED** food or **GLASS** jars.

Bringing **FOOD THAT IS COMPLICATED** or takes ages to cook.

Snacking on **TOO MANY SWEETS** (simple carbohydrates, fast release sugars) and not enough complex carbohydrates (slow release). Fast release sugars give a 'low' later.

Ready-made meals are very quick and convenient. Dehydrated food is lightweight (but generally a bit more expensive and often requires boiling water). Hydrated boil-in-the-bag meals are cheaper, and can often also be eaten cold, but are heavy and so not recommended for every night. Below are some suggestions for other foods:

### LUNCH IDEAS

(Complex carbs and protein-rich fillings) – stoves should **NOT** be used at lunchtime: wraps, pittas and bagels won't squash like bread, and oatcakes, crackers and crispbreads will keep well.

(Fillings can include tuna sachet, hummus, tubes of squeezy cheese, sachets of peanut butter, honey, dried/cured meats e.g. pepperami, chorizo and jerky. Pasta/couscous etc. made the night before or in the morning – you can even keep soup etc. warm all day in a flask.

### EVENING MEAL IDEAS

Starter of instant noodles or cup-a-soup; main course of quick-cook pasta, rice, cous-cous, dried mashed potato or explore alternatives such as bulgar wheat or quinoa.

Add a lightweight sauce e.g. dried soups (use less water) or sauces purchased in plastic pouches. Add interest with pumpkin or sunflower seeds, herbs and spices, grated parmesan etc. Dessert of cakes with instant custard or Angel Delight (made with instant milk powder).



### USEFUL WEB LINK:

[DofE expedition food advice](#)