

This kit list is taken from the Learn Outdoors 'Tips for success document', please always refer to this.

- 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 trousers – both ideally breathable and the best quality you can borrow/afford. Always ask family and friends!
- 2 x 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.
- 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
- Watch (not mobile phone alternative!)
- Bowl, cup/mug (plastic/metal), knife/fork/spoon...or Spork...

These are critical to you keeping warm, dry & comfortable.

Optional items – Appropriate and compact night-wear, gaiters, walking poles, small pack-towel, pocket-knife (if permitted by school), spare footwear for around camp, small quantity of money for post-expedition ice creams.

FOOD AND DRINK

- Minimum 2 litres of water to be carried per day. Forget CANS of pop and energy drinks etc. THEY CAN'T BE REUSED OR REFILLED, AND YOU END UP CARRYING AROUND EXTRA RUBBISH!
- Food and snacks for the expedition, divided, labelled and placed into bags for each day.
- Remove any excess or unnecessary packaging.
- Co-ordinate meals with friends to maximise Trangia efficiency and minimise waiting time
- Plan your menu carefully! What food are you carrying? It should be nutritious, provide lots of energy, not weigh too much or take up lots of space, won't spoil or get ruined, and be something that you are happy to eat and will fill you up!
- Ensure you have some emergency rations (that are for EMERGENCIES, and not when you get a little hungry!) kept in a secured/taped bag. It should not require cooking.

Minimum 3 season



» Be aware some assessors will check that rations have survived expeditions. «

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Maps are supplied, you MUST bring 2 x walking compasses per group.

Tents, stoves and gas are supplied.

ARE YOU READY?

Hopefully you have read through all of the sections that are relevant to your award level up to this point. The following information is intended to help you in planning for your expedition. The checklist is based on kit requirements and the DofE's 20 conditions for the expedition section, which you should have read, as they are what your trainer/assessor will use to gauge performance.

Please be aware that you may want to add your own items to this list.

YOU CAN TICK OFF EACH POINT ONCE YOU FEEL THAT YOU HAVE FULFILLED THE CRITERIA.

Maps are supplied and route cards you have completed

PAPERWORK

MAPS – Routes clearly marked out, including checkpoints/waypoints and campsites. Each day represented by a different colour. There should be a minimum of 2 OS maps per group, ideally waterproof (laminated or in a map case).

ROUTE CARDS – All sections completed. Ensure brief descriptions of each leg, with grid references. Include realistic timings for rest breaks and expedition aim project work (project work for Qualifying Expedition only) each day. Identify and avoid hazards in advance if possible. Have one spare copy of route card for the group, and an additional one for supervisor/assessor to retain.

EXPEDITION AIM (Qualifier only) - Clearly identified, along with methods of investigation/documentation. Think about how the presentation (if required) will be prepared and delivered after the expedition.

GROUP EQUIPMENT

MAP AND COMPASS (minimum 2 maps and 2 compasses per group, plus map cases)

TENTS – components broken down and weight evenly distributed amongst group.

STOVES AND PANS (including sufficient fuel and matches/lighter!)

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 (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).