

D of E Kit List

The following list is a standard equipment list for DoE Expeditions at all levels; it is not designed to take into account specific conditions that may be encountered in some environments and should be considered a base level list.

Key: E = Essential R = Recommended L = Luxury

Clothing

Where there are two or three items of clothing it assumes you will be wearing one and that the others will be carried in your rucksack. Spare clothing carried in your rucksack must be adequately waterproofed, plastic supermarket carrier bags or bin liners do not give adequate waterproofing as they tear too easily. Fold over dry sacks or heavy-duty orange camping bags are recommended for spare clothes and sleeping bags.

- Boots (E) - Boots must cover the anklebone to provide support when carrying a rucksack, they should be comfortable and broken in (50 miles walked to break in a pair of boots). Fashion boots such as timberland boots are not suitable.
- Fleece lightweight x 2 (E) - cotton hoodies are not appropriate at any and definitely not at Gold level as they do not dry out or keep you warm when wet.
- Trekking trousers x 2 (E) - any lightweight quick drying synthetic trousers are excellent, NOT DENIM, COTTON OR CANVAS.
- Base layers (E) Synthetic material wicking tee shirts x 2 ~ one of which should ideally be long-sleeved
Thermal tee shirt (R) (long sleeved)
Pair of thermal long johns (R)
Underwear (E) x 3 sets
Socks (E) x 2/3 pairs of good quality walking socks, this does make a big difference
- Warm Hat and gloves x 2 (E)
- Gaiters (R)
- Waterproofs (E) Trousers and jacket - All waterproofs must have taped seams, jackets must have fixed hoods

Camping Equipment

Rucksack 60 litres capacity (E) and Rucksack cover (E) - The rucksack must have a waterproof cover; unfortunately there is no such thing as a waterproof rucksack. Ideally the rucksack should be adjustable and fitted to the individual. Everything that the participant carries (roll mat excluded) must fit inside the rucksack.

Sleeping bag (E) - For Sept – April expeditions a three season sleeping bag is recommended, if this is not possible a fleece liner can be added to a lighter weight sleeping bag and participants can wear thermals whilst sleeping.

Roll matt (E)

Bowl/mess tin (E)

Mug (E)

Spoon (E)

Wash kit (L) toothbrush (E) - Cosmetics, deodorants, shower gel, towels etc are all unnecessary and only give the participant more weight in their rucksack, they should be left at home or in the school bus.

Water Bottle/s and water purification tablets (E) - capacity to carry 2 litres of water

Head torch and spare batteries (E)

Personal first aid kit (E)

Personal medications (remember to check expiry dates)

Compeed

Waterproofing for important kit (E)

Dry sacs (R) 3/4 assorted sizes to waterproof sleeping bag and spare clothes

Cont..

Group Kit

The following items of kit should be divided between members of the group to ensure that loads are equally distributed:

Tent 2/3 persons (E)**

Stoves per 2/3 persons (E)**

Fuel as appropriate (E)**

Matches/lighter (E)**

Wash up kit (E)**

Compass (E) - 2 per group (1 spare)

Map of the area (E) - 2 per group (1 spare) **

Map case for paper maps (E)

Route cards ~ laminated

Indelible ink marker pen

Sun cream (factor 30 min) (E) seasonal

Toilet paper and trowel (one per group) (E) make sure you keep toilet roll dry its worth more than money

Camera, notebook (laminated paper) and indelible marker pen – recommended for the practice but essential on qualifying expedition for your purpose/project.

Rucksacks should not exceed 25% of a person's bodyweight, as a rough guide this will be 15 kilos for a girl and 17 kilos for a boy. Trainers/Supervisors will weigh all rucksacks prior to the group departing.