

BRONZE EXPEDITION KIT LIST

About the kit list

This list is an illustration of the items you may need when undertaking a DofE expedition.

This list is to be used as a GUIDE, most of the kit can be found around home or borrowed from Borwick Hall

CLOTHING	Item needed	Got it.	Packed it.
	1 pair of walking boots (broken in, preferably leather and with good ankle support)		
	2 pairs of walking socks – wear one and have second as spare pair		
	2 pairs of sock liners (optional) – these are not always needed, depends on your boots		
	2 t-shirts – short and long sleeved, wear one and carry the other as a spare. On practice good to have one thermal top as can get cold at night		
	2 fleece tops or similar – these help with layering, wear one and carry the other		
	2 walking trousers (warm, NOT jeans) - leggings are fine but not too thin, running leggings v.good – wear on and keep the other as spare		
	Underwear – spare knickers		
	Nightwear – to keep weight down think about using your spare clothes as your nightwear instead of bringing pjs		
	Flipflops/trainers/sandals etc (optional for camp site use) – think about weight flip flops or crocs best		
	Warm hat &/or sunhat (as appropriate)		
	1 pair gloves		
	Waterproof over-trousers – these can be borrowed from Borwick Hall and are essential for the expedition.		
	Jacket/coat (waterproof & windproof) – essential kit that should be carried at the top of your rucksack when not wearing it.		
	1 pair gaiters (optional) – good if the weather is poor.		
	PERSONAL KIT		
	Rucksack – should be 65L and can be borrowed from Borwick Hall		
	Rucksack liner (or 2 strong plastic bags) – to help keep your stuff dry, rubble bags good. Do wrap your clothes and sleeping bag in waterproof bags – can get Expedition stuff sacs from most outdoor shops.		
	Sleeping bag – put in a compression sack and should be 2/3 season		
	Sleeping mat		
	Sleeping bag liner (optional)		
	Torch (handheld or head torch and spare batteries)		
	Personal first aid kit – this should include any medication you take yourself such as inhalers plus plasters, blister plasters eg compeed, painkillers, rehydration sachets, suntan lotion, insect repellent etc.		
	Wash kit/personal hygiene items (some items could be shared as a group) make it lightweight by using travel samples, face towel or travel towel		
	Water bottle or hydration pack – you should be carrying at least one litre of water.		
	Cutlery, bowl, mug – don't bring too much a plastic box containing your lunch can double as a bowl/plate in camp.		
	Watch		
	Notebook and pen/pencil – for the aim		
	Expedition Food – you have to carry food for 4 meals - lunch, tea, breakfast, lunch and some emergency rations and snacks to keep you going – think about making your own trail mix		

GROUP KIT (to carry between the team)

Most of this can be borrowed from Borwick Hall and you should have asked for it already.

	Item needed	Got it.	Packed it.
FROM BORWICK HALL	Tent(s)		
	Camping stoves – Trangias will be used that contain two saucepans		
	Camping stove fuel in an appropriate and safe container – this will be given to the students when they get into camp.		
	Maps (1:25 000/1:50 000)		
	Compass		
	Map cases		
GROUPS PROVIDE THEMSELVES	Scourers – brillo pads best as they are impregnated with soap already.		
	Tea towel – one/two max per group		
	Food (lightweight and including snacks)		
	Plastic bags (for rubbish etc.)		
	Toilet paper		
	Camera (optional)		
	Tick remover (location-dependent – ask your Supervisor)		