

## DofE @QEGS, Expedition Kit List.

Remember, it is vital to keep weight to a minimum!

<b>Personal Kit</b>	<b>Check</b>
<b>Camp food</b> ; lunches, dinners and breakfast, additional snacks and hot drinks	
At least <b>2 litres of water</b>	
<b>Emergency rations pack</b> (sealed in plastic bag and labelled 'emergency rations' e.g. cereal bar/ jelly/dried fruits)	
<b>Walking boots</b> - High enough sides to protect from ankle injuries. Must be fully waterproof	
<b>Hat</b> (cap in sunny weather, beanie in cold weather)	
<b>Knife, fork, spoon, bowl/plate, mug</b> - small & light weight	
<b>Toiletries</b> (travel size) (toothbrush/paste, toilet paper, hand sanitiser)	
<b>Walking clothes</b> - plus one spare set (t-shirt/shorts/tracksuit bottoms/ <b>fleece</b> /underwear) <b>NO JEANS</b>	
<b>Waterproof jacket and trousers</b> - Coat must have attached hood. Breathable fabric and fully waterproof.	
<b>Walking socks</b>	
<b>Sun cream</b> (high factor - essential if hot weather)	
<b>Survival bag</b> (e.g. Hi Gear Survival Bag from Go Outdoors £2.25 approx.)	
<b>Torch/head torch</b> (with full batteries)	
<b>Personal first aid kit</b> – including personal medication if applicable and Compeed Blister Plasters (possible tik remover and insect repellent depending on time/location)	
<b>Small hand towel</b>	
<b>Compact sleeping bag</b> (suitable for the climate). Must be in a compression bag.	
<b>Sleeping mat</b>	
<b>Rucksack</b> (must be 60L or more)	
<b>Rucksack liner</b> (or large bin bag to keep equipment dry)	
<b>Sleepwear</b>	
<b>Optional</b> ; gloves, watch, Plimsoles or light compactable trainers (for camp site use), hydrolytes/ electrolytes, ball/playing cards	

<b>Group kit</b>	<b>Check</b>
<b>Dish cloth and washing up liquid</b> (in a small bottle)	
<b>Tea towel</b>	
<b>Camping gas</b> (screw top) x 2 per group	
<b>Bin liner</b> x 2 (or plastic bags to collect rubbish etc)	
<b>Matches</b> (in waterproof container) no lighters	
<b>Notebook and pen/pencil</b> (to note down aim work)	
<b>Optional</b> ; wooden spoon for stirring food, camera for any aim work	

<b>Provided by school or AAP</b>	<b>Check</b>
Tent (3 man)	
Trangia cooking stove (2 per group)	
Group Storm shelter	
Group First Aid kit	
Compass (please bring your own if you have one)	
Whistle (for emergencies) – from AAP	
Hi-vis – from AAP	
Emergency contact cards – From AAP	

You can also visit; <https://www.dofe.org/shopping/wp-content/uploads/2021/02/Expedition-Kit-Guide-February-2021-double.pdf> for further information.