

DofE @QEGS, Expedition Kit List.

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

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

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

Provided by school or AAP	Check
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.