

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	
Water bottle/s to hold 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 (NO pen knives)	
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, 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	
1 mobile phone in a sealed Ziplock bag	
Camping gas (screw top) x 2 per group	
Bin liners x 2 (or plastic bags to collect rubbish etc)	
Matches (in waterproof container) no lighters	
Compass	
Cooking utensil (e.g. wooden spoon for stirring food, no sharp knives; please bring pre-cut food if needed)	
Optional; 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	
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.