

Duke of Edinburgh Expedition Kit List

- Walking boots (not trainers)– please ensure these have been well worn before the expedition
- Walking socks – 1 pair per day plus spare
- Waterproof coat
- Waterproof trousers (weather dependent)
- Jumper/fleece tops
- T shirts/top - 1 per day plus spare
- Underwear – 1 per day plus spare
- Nightwear – remember you will have to leave the tent in the night to use the toilet
- Flip flops/sliders/sandals - campsite use (optional)
- Walking trousers/joggers/leggings (shorts are not recommended due to walking through fields and vegetation) – not jeans
- Hat/gloves (weather dependent)
- Gaiters - optional

- Walking rucksack minimum 65L
- Rucksack liner or bin bags (in case of rain)

- Sleeping mat
- Sleeping bag (mummy style)
- Waterproof bag/carrier bags
- Torch and spare batteries
- Water bottles – you will be able to refill at campsites
- Cutlery/plate/bowl/mug etc (plastic, metal or enamel)
- Personal wash kit (toothbrush, toothpaste, soap, deodorant – no spray, wet wipes, antibac gel, towel)
- Pack of cards/games - optional
- Sun cream/sunglasses – weather dependent
- Bug spray/antihistamines – optional
- Mobile phones – you will be able to use in the evening but not during the expedition (at your own risk, unable to charge)
- Food – personal and group food – to be organized in groups
- Cooking utensils (sharp knives will be provided) – to be shared across the group
- Tea towels – shared across the group
- Blister plasters – optional, but recommended

Equipment the school will provide

- Tent – school will provide
- Trangia (cooker) - school will provide
- First aid kit - school will provide
- Map and map case– school will provide
- Compass – school will provide

You do not need to spend lots of money on this equipment or buy expensive brands. With your DofE membership card you can get discounts at many outdoor/camping shops e.g. Go Outdoors, Millets and Mountain Warehouse.

Should you require some more guidance or have any questions about the equipment required please contact Mr. Needham via email tneedham@stangroundacademy.org