**Duke of Edinburgh – KIT LIST 2016/17**

*KIT LIST* – a full recommended lit list can be found at www.dofe.org/go/EXK/

In short, enough clothing to cover the duration of your expedition taking into account the weather forecast

Walking trousers (no jeans) T shirts, thermals, fleeces

2 pairs of socks (min) Hat, gloves

Waterproof Jacket and Trousers Walking boots (broken in)

Flip-flops / Trainers to wear on campsite Torch and batteries, Matches

Sleeping bag and roll mat (both in black sacks) Toiletries, sun cream, insect repellent

Food, Plate, Bowl, Mug, cutlery etc First Aid Kit and personal Medication

Pan scrubber/Brilo pad **and do wear a watch**

Please remember that despite the promises on the labels, rucksacks are generally not waterproof (even with a dedicated rain cover). All your equipment will need to be packed in a rucksack liner / bin bag. Please take particular care with sleeping bags and clothing.

Our external provider typically lend tents and stoves to all students (though you may bring your own tent if you wish). You can use your own stove too but it must be checked before its use by a member of our staff.

Waterproofs, rucksacks and sleeping mats are also available to borrow free of charge and you can make a request via email in advance Items to be borrowed will be made available at the designated meeting point on your arrival.

**Top Tip** When asked what they would change after their first expedition, many students say that they would carry less. Don’t bring too many clothes. T shirts or fleeces will do instead of pyjamas and clothes can be worn on more than one day. On Bronze expeditions there are no showers available, so toiletries can be minimised. Sharing with friends as much as possible will help with ensuring rucksack weights are as light as they can be e.g. you’ll only need one tube of tooth past between you. Lastly, for our parents, we know you will naturally have concerns for your child but please remember they have had the training recently and will ultimately have to carry all those extra’ what if’s’ or ‘just in cases’. Please leave as much of the packing as possible to the participants themselves. They will learn more if they get it wrong first time.