

Duke of Edinburgh's Award – EXPEDITION KIT LIST

Try not to pack too much and share items where possible such as toiletries. In short, you need enough clothing to cover the duration of your expedition taking into account the weather forecast:

Personal Kit:

Walking trousers (no jeans) or shorts	T shirts, thermals, fleeces
Walking socks, underwear	Hat, gloves
Waterproof jacket and trousers (both compulsory)	Walking boots (broken in)
Flip-flops / trainers to wear on campsite	Torch/headtorch & batteries, matches
Sleeping bag and roll mat (both in black bin bags)	Toiletries, sun cream, insect repellent
Food, plate, bowl, mug, cutlery, water bottle	First Aid kit and personal medication
Pan scrubber/Brilo pad, tea towel	A watch (you can't use your phone!)
Rucksack, extra bin bags to keep items dry	Sleeping bag
Sleeping mat	Whistle, plastic bag (for rubbish)
Towel (Silver/Gold only)	Trowel & toilet paper (Gold only)

Group Kit:

Tent, camping stove/Trangia (inc. pans), fuel bottle, map, compass (all borrowed from GOTC)

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.

Get Outside The Classroom are able to lend tents, stoves and fuel bottles to all students without request (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 GOTC staff.

Waterproofs, rucksacks and sleeping mats are also available to borrow free of charge – these items must be requested by the end of the month before the expedition. For example, if an expedition is to take place on 10th/11th May, all requests must be made by the end of April via email to Mrs

Hill (shill@lymmhigh.org.uk) or at the student meetings. 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 toothpaste 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 'extras', '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!