

D of E EXPEDITION KIT LIST

BRONZE

EQUIPMENT LIST

The following list is a standard equipment list for DoE Bronze Expeditions; it is not designed to take into account specific conditions that may be encountered in some environments and should be considered a base level list.

The most sensible thing you can do is to check the weather forecast for the area your expedition is taking place in and prepare with this in mind.

If the forecast is for sunny conditions then a sun hat and sun cream are essentials, if it is set to rain then dry socks each day will be welcome along with appropriate waterproofing of yourself and your kit.

The group should plan together over the equipment that can be shared, this includes food. Remember there is no point in everyone carrying toothpaste when one small tube between the group will do. The same goes for stove, wash kit etc.

Small weight savings add up for example remove all the packaging from your food, if a piece of kit is not absolutely necessary do not take it, I have seen people go to all kinds of lengths to reduce the weight of their bag including cutting the long handle off their toothbrush.

There are certain items you cannot walk without, waterproofs, a spare set of warm clothes, enough food etc. Follow the list below and use it as a checklist.

We have given some helpful advice next to some of the kit items.

E...Essential R...Recommended L... Luxury

The school will provide the following equipment:-

3 x Person tent

65L rucksack

Trangia (cooking stove)

Cooking fuel

Roll mat

Maps

Compass

FOOD

1 kg of food per day, containing 3000~4000 calories. Recommended the pre pack foods which can be boiled in a bag. Available from Go Outdoors or any other camping store. Pre-cooked meals from locations such as go Outdoors (you have a discount card) that require warming up will be best, especially for bad weather.

<u>Day 1 Meal</u>	<u>Day 2 Meal</u>
Packed lunch and drink Evening meal (must be substantial) Supper (hot chocolate/Tea/Coffee)	Cooked breakfast Cooked lunch or prepared sandwich

Suitable meals can be found at <https://www.wayfayrer.co.uk/our-range/>

CLOTHING

Where there are two items of clothing it assumes you will be wearing one and not all of these will be carried in your rucksack. Spare clothing carried in your rucksack must be adequately waterproofed.

- **Boots & Flip flops/trainers (E)**

Must give ankle support, participants turning up without boots will not be allowed to participate (see notes below)

- **Fleece light weight (E)**

Hoodies are heavy and generally made of cotton a lightweight micro pile fleece is not expensive and can be worn at other times.

- **Warmer fleece (E)**

- **Trekking trousers x 2 (E)**

(Zip-offs are ideal, any lightweight quick drying trousers are excellent NOT DENIM)

- **Base layers/T-Shirts (E)**

synthetic material wicking tee shirts x 2 thermal tee shirt (R) (long sleeved) (not necessary in summer) pair of thermal long johns (R) (not necessary in summer) underwear (E) x 1 or 2 sets

- **Socks (E) x 2/3 pairs**

Good walking socks (Bridgedale or similar) can make all the difference to your comfort, they help to reduce the likelihood of blisters.

- **Hat and gloves (E)**

- **Waterproofs (E) trousers and jacket**

- **Sunhat (R)**

CAMPING EQUIPMENT

- **Sleeping bag (E)**

Make sure it will keep you warm enough, if not take some extra clothes to sleep in, also a compression sack (used to make the sleeping bag small) will help with your rucksack packing.

- **Mug (E)**

- **Cutlery & Matches (waterproof) (E)**

- **Towel and washing kit (L)**

- **Water Bottle(s) or Water Bladder enough to carry 2 litres of water (E)**

- **Head torch or Torch and spare batteries (E)**

- **Personal first aid kit (E)**

- **Personal medications (E)**

- **Toothbrush and a pack of wet wipes (E)**

Toothpaste can be shared in the group

- **Matches (waterproof) or Lighter (E)**

A mobile phone can be taken but will be at the discretion of the candidate. School will not be responsible for any damages.

EMERGENCY RATION PACK

This will be a bag of high calorie food which can be consumed in the event that you need energy for any event. This should not be consumed unless absolutely required. Items such as Mars bar, nuts, sweets and energy drink should be kept in this.