

Ridgeway School D of E Kit List

All kit needs to be kept dry by lining your rucksack with a rucksack liner/ dry bag or keep all separate items of kit in plastic carrier bags/dry bags (clothes, food, etc).

Before purchasing kit please get a DofE discount card off of the eDofE website which allows 10% discounts from stores such as Cotswolds Outdoors and GoOutdoors

The school will provide the following items:

- Tent
- Cooking equipment and fuel (not food or eating equipment)
- Map and compass
- Basic first aid kit

The school can provided a limited number of kit of the following – students who are Free School Meals will be prioritised otherwise given out on a first-come-first-served basis:

- Sleeping bag (2-3 season) – 3+ is recommended for Silver & Gold
- Foam sleeping mat
- Rucksack 65-85Ltr

Group Kit (needs to be divided and carried amongst group):

- Tent (pitch/check before leaving to ensure all parts are there)
- Cooking equipment (For Silver & Gold - check before leaving to ensure all parts are there also that is completely silver clean inside and out with wirewool before it comes on expd)
- Map and compass
- Basic first aid kit (includes bandages, plasters, safety pins, etc)

Personal Kit:

- Sleeping bag - 2–3 season, compact and light (3+ recommended for Silver & Gold)
- Sleeping mat/self-inflating camping mat (e.g.Thermarest)
- Rucksack 65-85Ltr

- Torch (a headtorch leaves your hands free)
- Water bottle (plastic, not glass)/hydration system must bring a minimum of 2 litres
- Watch
- Food (for bronze at least 2 lunches, 1 dinner & 1 breakfast) and snacks (lots of sweets!)
- Matches/Lighter/Steel
- Spoon, bowl and mug
- Wirewool (Brillopad type) scourers

Clothing (Avoid cotton if possible; aiming for items which will dry easily) the below list is recommended for Bronze, please adjust for Silver & Gold:

- Walking trousers (not denim/jeans)
- 1 long sleeved T shirt/shirt 2 short sleeved T shirts
- Fleece
- 2 pairs Thick walking socks (proper walking socks help prevent blisters) & 2 pairs of thinner socks
- Ankle-high walking boots (no trainers, boots must be worn-in beforehand)
- Waterproof jacket and trousers (Gortex/breathable material is better)
- Underwear
- Sunglasses (optional)

Night and emergency:

- Lightweight trousers (tracksuit bottoms)
- Thin fleece
- Gloves (recommend cheap waterproof rubber gardening gloves as well for Silver & Gold)
- Warm hat and sun hat

Toiletries:

- Toothbrush toothpaste and soap/shower gel (small amount)
- Toilet paper (small amount)
- Lip balm
- Sunscreen

Personal medication/kit:

- Blister kit (Compeed)/fabric plasters/zinc oxide tape
- Headache tablets
- Antiseptic cream (sudocrem)
- Any personal medication (asthma inhaler, epipen, etc)

Emergency kit:

- Emergency food (Kendal mint cake, cereal bars, gel) minimum 500cals, unopened
- Pencil and paper
- Mobile phone

Extra Items to consider:

- Spare shoe laces
- Plastic bags (for wet clothes, etc.)
- Spare battery and bulb for torch
- Insect repellent (required for Gold)
- Camera
- Buff

All kit should be as light as possible as you will be carrying it! Ideally all inside your rucksack (A good quality sleeping bag which packs small will allow this). You should start preparing NOW – if you are struggling, please contact the school for support.