

Duke of Edinburgh Gold Expedition Kit List

Clothes should be **light** and **quick drying**.

If you can manage without an optional thing - cross it out!

Remember - NO COTTON (Jeans, T-shirts, Heavy cotton hoodies) **X**

<p><u>What to wear</u></p> <ul style="list-style-type: none"> • Walking trousers - NOT jeans • T-shirt • Fleece (warm/light/quick drying) • Walking socks • Walking boots (be sure they are comfortable) 	<p><u>In hot weather</u></p> <ul style="list-style-type: none"> • Sun hat • Sun cream • Light long-sleeved shirt • Light weight long trousers • Sunglasses
<p><u>In wet weather</u></p> <ul style="list-style-type: none"> • Wear your waterproof coat and trousers as soon as rain starts. • DO NOT bring cotton hoodies - cotton holds on to moisture, hoods just become wet and annoying. • If your boots are not fully water proof - put small, strong poly bags (e.g. freezer bags) over your walking socks, inside your boots. 	<p><u>In cold weather</u></p> <ul style="list-style-type: none"> • Extra thermal layers (thin & light) e.g. thermal shirt • Warm hat and gloves (preferably water proof if rain forecast) • Sturdy water bottles can double up as hot water bottles (Bliss!) • Sleeping bag liner/ 4 seasons sleeping bag if you have one
<p><u>Essential Personal kit</u></p> <ul style="list-style-type: none"> • Good quality water proof jacket with a hood • Water proof trousers • 65 litre rucksack * • 4 sturdy bin bags / dry bags/ rucksack liners • Sleeping mat* (foam mat is lighter than inflatable) • Sleeping bag (light but warm enough for conditions) • Torch (small) • Mug, bowl, cutlery (spork?) • Water (1. - 1.5 litres) • Spare clothes in case you get wet. (could double as night-wear) e.g. T-shirt, long sleeved T-shirt and jogging trousers. • 4 x Spare pair walking socks • 4 x Spare underwear • Lightweight towel (tea towel works well) • Light toilet bag (see below) 	<p><u>Essential Group kit - share out</u></p> <ul style="list-style-type: none"> • Tent* • Trangia stove* • Fuel canister and fuel* • Map/map case/route card* • Survival bag* • Compass (at least 2 per group) • Watch (at least 1 per group) - used for navigation. • Matches in plastic bag to keep dry (2 per group) • Washing up liquid and scourers. • Mobile phone in sealable plastic bag (optional) • Way to record info for your 'Aim' e.g. notebook and pen or camera. • Bin bags - Big ones for camp sites plus small ones for journeys.

<p><u>Advice about Food</u></p> <ul style="list-style-type: none"> • NO raw meat • Vacuum packed frankfurters/ salami will keep if you love meat. • Dehydrated food is lightest • Avoid tins/jars (too heavy) • Food that has worked well for groups: pasta parcels/ quick cook pasta/ cous-cous / pasta sauces /tvp/ beanfeast / nuts /dried fruit <p>Day 1 = lunch / snacks / group meal Day 2=breakfast/snacks/lunch/group meal Day 3=breakfast/snacks/lunch/group meal Day 4 = breakfast / snacks / lunch</p> <p>Emergency rations e.g. Kendal mintcake / chocolate / cereal bar - not to be eaten unless there is an emergency.</p>	<p><u>First Aid Kit</u></p> <ul style="list-style-type: none"> • Own prescription medication [including asthma pumps & epipens] • Blister prevention = blister plasters or zinc oxide tape. • Blister treatment = non-adhesive dressings and micropore tape • Disposable gloves • Plasters (waterproof) • Sterile wound dressing • Micropore tape • Scissors • Triangular bandage • <i>Paracetamol / ibuprofen if used.</i> • <i>Insect repellent (optional)</i> <p>NOTE: if you have specific medical needs or allergies ensure your leader knows.</p>
<p><u>Toiletries</u> (Keep to minimum- most items can be shared between group members for lightness. Bring only enough for your trip)</p> <ul style="list-style-type: none"> • Tooth brush • Toothpaste • Hand sanitiser (optional) • Hair brush (optional) • Liquid soap / shampoo 	<p><u>Optional extras (but adds extra weight)</u></p> <ul style="list-style-type: none"> • Light weight shoes for camp-site (crocs /flip-flops) • Cards/ light games / small ball

***The items in Bold can be supplied by us. If participants would like to use their own compass/ rucksacks / tents / sleeping mats that is fine.**

We give out borrowed kit on the morning of the expedition - if you are borrowing a rucksack just bring your kit to school in a large holdall that can be left in the minibus.

Maximum weight of bag = quarter of your body weight

Body weight / Stone	Body weight / Kg	Max bag weight / kg
5	32	8
5.5	35	9
6	38	9.5
6.5	41	10
7	44	11
7.5	48	12
8	51	12.5
8.5	54	13.5
9	57	14
9.5	60	15
10	64	16
10.5	67	16.5
11	70	<i>17 only if very fit & strong</i>
11.5	73	<i>18 only if very fit & strong</i>

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