

Bronze DofE Expedition - Kit List

Shared 'Team' Equipment

- Tent (*)
- Cooking equipment - stove, pans and fuel (*)
- Means of lighting the stove
- First Aid kit AND blister kit AND survival bag
- Small pot wash kit (washing up liquid in old camera film case works well, with a scourer and small t-towel - I have seen old bar towels used in the past as they are small)
- Food (if shared - otherwise, add this to your individual list)
- Mobile phone AND change for calls - surprisingly, you may not always get a signal and if you need to make an emergency call, you will also need to call the supporting staff team

Individual Equipment

- Sleeping bag (of a warm enough weight/tog for the season) - with additional fleece liner if you have it and the season dictates.
- Water bottle (this may seem odd but this is better with water in as you will likely be using it for getting water for cooking later and squashes and juices will stain and taint most water bottles)
- Sleeping mat
- Rucksack liner/dry bags or enough plastic zip lock & bin bags to keep ALL of your kit dry
- Plastic plate/bowl & plastic/thermal cup (it is possible to eat everything from one bowl)
- Knife, fork, spoon (or a spork!) Plastic preferred (lightweight)
- SMALL wash kit/wet wipes & toothbrush, toothpaste
- Walking trousers NO JEANS (tights/leggings/thermals underneath if its cold)
- Warm layers - thermal t-shirt if you have it or short & long sleeve t-shirt & fleece
- Waterproof jacket & trousers - it is important that this is a waterproof and not a regular coat.
- Walking boots. Ankle protection is essential - please no trainers.
- Walking socks
- SPARE CLOTHING: This is mostly for emergency use and should be lightweight and warm. As long as you use your other layers well and re-pack everything in a waterproof way, most of the rest of your kit could still be available to you as well as the minimum of: spare bottoms, spare warm top, spare socks, hat & gloves. These could be thick thermals/leggings which would be lightweight and small to carry.
- Something to sleep in - these could be your thermals/leggings/top which double up as your emergency kit.
- Torch, whistle, map, compass and routecard
- Suncream
- Notepaper & pencil

(*) = item available from the squadron stores. If you choose to bring your own, it will need to be approved for use by squadron staff.