

## DofE Kit List- What we supply

Tents | Stoves | Fuel for Stoves | Maps | Compasses | Rucksacks | Sleeping Mat

<b>You will need to bring the following:</b>			
<b>Item</b>	<b>Packed</b>	<b>Item</b>	<b>Packed</b>
• 1 pair of walking boots (broken in)		• Nightwear	
• 2 pairs of walking socks		• Flip-flops/trainers/sandals etc. (for campsite use)	
• 2-3 t-shirts		• Warm hat &/or sunhat (as appropriate)	
• Thermal t-shirt		• 1 pair gloves	
• 2 fleece tops or similar		• Waterproof over-trousers	
• 2 walking trousers (warm, NOT jeans)		• Jacket/coat (waterproof & windproof)	
• Underwear		• 1 pair gaiters	
• Sleeping bag appropriate for the time of year		• Sleeping mat (can be provided)	
• Waterproof compression stuff sack (5/10/15 litre) or bin bag		• Whistle	
• Head torch/ torch and spare batteries		• Personal first aid kit	
• Expedition food (including emergency rations)		• Water bottle 2 litres minimum	
• Knife, fork, spoon or Spork		• Plate/bowl	
• Mug (if wanting hot drinks)		• Box of matches (in waterproof container)	
• Wash kit/personal hygiene items		• Small quantity of money	
• Notebook and pen/pencil		• Watch	
• Sunblock (if appropriate)		• Insect repellent	
• Sunglasses		• Any personal medication	

When packing your rucksack make sure you pack it yourself, so you know where everything is. Remember in your group you will have to share a tent and stoves, so leave room in your bags to put these in. Don't over pack, leave the kitchen sink at home and you'll have a far better expedition!