Guilsborough Academy DofE

Expedition Equipment/Kit List

On any expedition you will need to bring the following items. Please do not bring anything extra which is electrical or excessively heavy or large. Expensive items like Tablets and Expensive Smart Phones are best left at home to avoid damage! Items that are **Definitely Needed** are in **Bold** type.

- **INHALER/MEDICATION** (if required).
- **TENT (2 OR 3 PERSON)** – organise with team.
- PLASTIC SURVIVAL BAG – very useful for storing kit overnight. Organise with team.
- **SLEEPING BAG** – 2-3 season
- **ROLL MAT/HIKERS AIR BED**
- GAITERS
- **RUCSAC 65+ LITRE** – Please test with full weight before venture.
- **RUCSAC COVER OR WATERPROOF LINER**
- **STOVE** – Organise with Team.
- PLATE/BOWL (plastic is light & strong)
- **CUP/MUG/COOKING POT**
- **CUTLERY** (FORK/SPOON/SPORK)
- **TORCH OR HEADTORCH & SPARE BATTERIES**
- **WARM CLOTHING** – HAT, GLOVES, WARM TOP
- **SUN HAT/CAP**
- **WATERPROOF JACKET & TROUSERS**
- **WATERPROOF LEATHER OR FABRIC WALKING BOOTS**
- NON-SYNTHETIC WALKING SOCKS (<u>NOT</u> NYLON or FOOTBALL SOCKS)
- **FIRST AID KIT (2 PER GROUP)**
- **TOILETRIES** – TOOTHBRUSH/TOOTHPASTE, DEODORANT ETC
- **3-4 CARRIER BAGS**
- SPARE & CLEAN CLOTHES
- **FOOD FOR YOURSELF** (organise with group)
- **FUEL FOR STOVE.**
- **MATCHES** (waterproof if possible)
- **SPONGE & WASHING UP EQUIPMENT** (organise with group)
- **DRINK BOTTLE** – 1 Litre or more – (Hydration Packs are excellent)
- MOBILE PHONE/SPARE BATTERY/CHARGING BLOCK
- **TISSUE PACKETS**
- **SUN BLOCK (FACTOR 30+)**
- SPARE TOILET ROLL!

We will provide Maps and Magnetic Compasses.

Try to keep the weight of the pack to a minimum. You will have to carry everything on your back for three whole days. Don't bring unnecessary items – your shoulders will regret it!

Do not bring tinned food! You will need light dehydrated foods like pasta, cous cous, rice etc.

Go light to avoid pain! Instant food may not be good for you long term, but it's a lifesaver on expeditions!

When you are enrolled, you will receive a discount card in the post which can get you 10% off in most Outdoor Stores.

Mr S Flanagan