



Active Outdoor and Ski Duke of Edinburgh's Award Kit

D of E Expedition Kit List for Gold, Silver and Bronze Award

Remember as DofE Award participant you are entitled to a 15% discount when you buy your kit from Active <http://www.aosbanbury.com>

These are the items you will need when undertaking a D of E Expedition for any Level of Award. This is to be used as a guide only. Quantity of some items depends on the expedition itself.

TO WEAR WALKING

- 1 x Pair Walking Boots, (broken in)
- 1 x Pair Walking Socks, e.g. Bridgedale - Endurance Trekker, Women's Endurance Trekker or a similar item.
- 2 x Pair Sock Liners, (optional) e.g. Bridgedale - Coolmax, Women's Coolmax or a similar item.
- 1 x Thermal top or T-shirt ,
- 1 x Shirt ,
- 1 x Sweater, (woollen or fleece)
- 1 x Walking Trousers, (warm, NOT jeans)

PERSONAL KIT (TO CARRY)

- 1 x Large Rucksack, (approximately 55-65 litre capacity) e.g. Vango - Contour, Fitzroy, Sherpa or a similar item.
- 1 x Rucksack Liner, (or 2 x plastic bags) e.g. Sea to Summit - Ultra Sil Pack Liner, Ultra Sil Dry Sack or a similar item.
- 1 x Sleeping Mat, e.g. Vango - Adventure, Premium, Trek, Ultralite or a similar item.
- 1 x Sleeping Bag, e.g. Vango - Nitestar, Summit, Ultralite or a similar item.
- 1 x Waterproof Bag, for storing your Sleeping Bag e.g. Sea to Summit - Ultra Sil Dry Sack or a similar item.
- 1 x Sleeping Bag Liner ,(optional) e.g. Sea to Summit - Premium Silk Liner, 100% Cotton Liner or a similar item.
- 1 x Survival Bag, e.g. Adventure Medical Kits - Emergency Bivvy, Emergency Blanket or a similar item.
- Small quantity of money, (optional)
- 1 x Notebook & pen/pencil ,
- 1 x Torch ,e.g. hand-held torches from Maglite - LED 3xAA Maglite, Incandescent 2xAA Maglite, Holster Incandescent 2xAA Combo Pack Maglite or a similar item. Alternatively, a Head Torch if preferred.
- 1 x Personal First Aid Kit ,
- 1 x Watch ,
- 1 x Whistle ,
- Maps ,
- Spare Batteries for Torch ,
- 1 x Emergency Food Rations, (NOT to be eaten until the end!)
- 1 x Water Bottle, (1 - 2 Litres) e.g. Sigg Traveller Bottle (1.0 lt. 1 x Knife, Fork, Spoon
- 1 x Small pocket knife/pocket tool ,e.g. DofE Pocket Tool by Victorinox.
- 1 x Plate/Bowl ,



1 x Mug ,
1 x Box of Matches, (sealed in a dry container or bag)
1 x Small Wash Kit ,
1 x Small Towel ,e.g. Sea to Summit - Dry Lite Travel Towel or a similar item.
1 x Gagoule/Coat, (must be waterproof and windproof) 3 x Pairs Underwear
2 x T-shirts ,
1 x pair Walking Socks, e.g. Bridgedale - Endurance Trekker, Women's Endurance Trekker or a similar item.
2 x pair Sock Liners, (optional) e.g. Bridgedale - Coolmax, Women's Coolmax or a similar item.
1 x Shirt, (woollen, cotton or fleece)
1 x Spare Sweater, (woollen or fleece)
1 x Spare Walking Trousers, (warm, NOT jeans)
1 x Pair of Trainers, (optional)
1 x Hat, (warm)
1 x Pair Gloves, (woollen)
1 x Pair Shorts, (if appropriate)
1 x Sunhat ,
Suncream, (if appropriate)
1 x Thermal Long Johns, (optional)
1 x Pair Gaiters, (optional)
1 x Waterproof Over-trousers ,

GROUP KIT (to carry between the team)

1-2 x Tents, e.g. Vango - Hurricane, Ultralite, Typhoon, Spectre, Banshee, Equinox, Tempest, Tornado or a similar item.
2-3 x Camping Stoves ,
Camping Stove Fuel ,
2-3 x Cooking Pots ,
2 x Scourers ,
Maps, (1:50 000 / 1:25 000)
1 x Compass, e.g. Recta - Starter, Romer, Elite or similar item.
Map Cases, e.g. Sea to Summit - Waterproof Map Cases or a similar item.
1 x Camera, (optional)
2 x Tea Towels ,
Food ,(small and lightweight)
5 x Plastic Bags ,(for rubbish etc.)

ADDITIONAL OPTIONAL KIT (for you to consider)

Storm Shelter ,e.g. Vango - Storm Shelter or similar item.
Waterproofing For Kit ,e.g. Granger's - G-Wax Tin, G-Max Proofer with Conditioner, G-Max Cleaner, 30 Degree C Cleaner, 30 Degree C Proofer, 30 Degree C 2 in 1 Cleaner/Proofer, 30 Degree C Down Cleaner or similar items.
Rucksack Protector ,e.g. Pacsafe - Pacsafe 85 or similar item.
Secure Money Pouch, e.g. Pacsafe - Pouchsafe 100 or similar item.
Survival Pack, e.g. Adventure Medical Kits - Pocket Survival Pack or similar item.
Stuff Sack ,e.g. Sea to Summit - Ultra Light Stuff Sack or similar item.
Food Box, e.g. Sigg - Aluminium Food Box or similar item.