

Bronze DofE Kit List

Some notes about kit:

Tents - most groups borrow these from school although they are permitted to bring their own tent if it is suitable (please check with DofE staff)

Trangias and fuel - we will provide these - we ask that participants do not bring their own stove for safety reasons.

Maps and compasses - will be provided by school

Rucksacks - if you have your own rucksack or are able to borrow one then please do - it will need to be at least 60 Litre capacity to be able to carry all the kit needed for the expedition.

Sleeping bags and rollmats - again if you have your own or are able to borrow them then please do.

Kit which can be borrowed from school is in red - school does own a limited amount of rucksacks, sleeping bags and rollmats for those who need to borrow them.

Kit provided by school is in green

School Kit: Mr Lloyd will sign out school kit – the best time to find him is at break time in the CCF hut.. **All kit will need to be picked up before the Easter holidays.** Mr Lloyd will ask for all kit to be signed for and if it is not returned a charge on the school bill will be made to cover the loss to the school. It should also be returned clean, dry and in the condition it was collected.

Please remember that all the kit that is bought on the expedition will need to be carried by participants - so its worth packing light!

CLOTHING

1 pair of walking boots (please make sure these have been tried and tested)

2 pairs of walking socks

2 t shirts

Thermal top - school skin layer is good for this

2 quick drying warm tops - school midlayer is good as one of these

1 walking trousers (warm, NOT jeans) - school tracksuit bottoms are good for this

1 pair shorts (if appropriate)

Underwear

Nightwear

Trainers/sandals/ flip flops to wear at campsite - not essential

Warm hat/gloves/sunhat (as appropriate - check the weather)

Waterproof over-trousers

Jacket/coat (waterproof & windproof - gortex)

PERSONAL KIT

Rucksack 65L

Rucksack liner (or 2 strong plastic bags)

Sleeping bag

Sleeping mat

Sleeping bag liner (optional)

Whistle

Torch (Preferably head torch and spare batteries)

Expedition food - see menu ideas

Water bottle - to carry at least 1Litre of water

Knife, fork, spoon

Plate/bowl/Mug

Personal first aid kit – plasters for blisters etc

Sunglasses/Sunblock (if appropriate - check the weather)

Wash kit/personal hygiene items (some items could be shared as a group)

Notebook and pen/pencil

Watch

Personal Medication if required

GROUP KIT (to carry between the team)

Tent(s)

Camping stove -Trangia

Camping stove fuel in an appropriate

Cooking pans

Scourers

Food see suggested menu

Plastic bags (for rubbish etc.)

Toilet paper

Ordnance Survey Map

Compass

Box of matches (in waterproof container)

1 mobile per group

ADDITIONAL OPTIONAL KIT for you to consider

Insect repellent

Tin opener - if you need it!

Ball, playing cards etc.

Food

Things to consider with food are:

- Providing enough energy
- Being relatively light
- Being relatively quick to cook
- Not needing to be kept in a fridge
- Are individuals in a group planning to all cook together or individually

Some ideas for food:

Breakfast: porridge (made with milk powder), cereal with powdered milk. sachets of camping breakfast. bananas / fruit, baked beans.

Hot chocolate, coffee, tea, fruit juice

Lunch: pitta bread, wraps, cheese / processed cheese / veggie sandwich fillings / smoked sausage (if its not too hot)

Dried fruit, chocolate bars, crisps

Evening meals: pasta and sauce, supernoodles, quick cook rice with packets of sauce.

Packets of custard, fruit, chocolate, biscuits

Snacks: cereal bars (please check for nut content) chocolate, dried fruit, billtong etc