**DofE Expedition Kit List**



**Group Kit:**

* Tent (Provided)
* Trangia (Provided)
* Gas (Provided)
* Tin Foil (Optional but can be used to line pans and therefore save on washing up)
* Food and drink – All food and drink is to be provided by the participant, we go through this in the training sessions.
* Map (Provided)
* Compass (Provided)
* Mobile Phone (Two per group for emergencies only)
* Camera (optional)
* Washing Up Liquid and Scouring Pad
* T-Towel

**Personal Kit**

* Clothes (no jeans)
* Waterproof jacket
* Waterproof Trousers (optional)
* Warm jumper
* Strong shoes / walking boots (something supportive with a thick sole)
* Hat and Gloves
* Rucksack (Provided)
* Sleeping Bag
* Roll Mat
* Torch and spare batteries
* Packed lunches
* Dinner for evening meals and breakfasts
* Bin liners (for rubbish and for dirty clothes)
* Personal Medication (including tablets, plasters etc.)
* Sweets
* Cutlery
* Plate (optional – could use Trangia pans)
* Cup
* Bowl (optional)
* Drink for during walk (preferably squash or similar – not a fizzy drink)
* T-Towel
* Sun cream
* Hand Cleansing gel
* Matches
* Change for phone (in case of emergency)