

The Duke of Edinburgh's Award
Garstang Community Academy

KIT LIST

We would encourage you to get as much of the kit yourselves or between your expedition teams, but if you are having difficulty, we can provide most of the specialist equipment as indicated.

ITEM	TICK
Personal Equipment	
Large Rucksack (55-65 litre capacity) **	
Rucksack liner (a large thick black bin bag would be OK)	
Sleeping bag (in a waterproof bag)	
Sleeping mat/them-a-rest	
Personal first aid/medical kit. There will be a group first aid kit containing bandages and plasters. Suggested addition items: Any personal medication: Insect repellent: Insect bite cream: Hay fever tablets: Sun screen	
Small quantity of money (optional)	
Small notepad and pencil	
Small torch with spare batteries	
Water bottle (to hold at least 1 litre of water)	
Plate, Mug, Knife, Fork and Spoon	
Pocket knife (small) optional	
Matches (sealed)	
Camera (optional)	
Plastic bags for rubbish/wet clothes/muddy shoes etc.	
Personal Clothing	
Walking Boots (broken in and make sure your feet haven't grown!)	
2 pairs of walking socks	
2 thermal tops or tee shirts	
2 Fleeces (one thick, one thin)	
2 pairs of walking trousers or leggings (not jeans)	
Pair shorts (if appropriate)	
Waterproof Jacket**	
Waterproof over trousers**	
Woolly Hat (or sun hat if appropriate)	
Gloves	
Underwear	
Wash kit (keep to minimum)	
Towel (small flannel/tea-towel will do)	
Pair of crocs or other footwear to wear at campsite (optional)	
Sun glasses (optional)	
Pair of gaiters (optional)	

Group Equipment	
Tent (2 or 3 person)**	
Trangia cooking stove and fuel (2 per team)**	
Survival Bag (Orange)**	
Compass and Whistle (2 per team)**	
Maps & Routecards**	
Group First Aid Kit (1 per team to be given from school)**	
Mobile Phone (1 per team)	
Pan scourer and washing up liquid (transferred to small bottle)	
Food	
Packed lunch for first day	
Evening meal: main course and pudding	
Breakfast	
Lunch for second day	
Drinks	
Snacks	
Emergency Food Ration (not to be eaten) comprising of energy bars	

(These items can be borrowed from school)**

This list is only intended to be a guide.

The requirements for expedition kit can vary according to the terrain, time of year and the type of expedition/exploration to be undertaken.

REMEMBER: The Assessed expedition is in September when it will be a bit colder and it will be dark earlier!!

**There will be one mobile phone carried per group.
This MUST be turned off at all times except in emergency.
NO other electrical devices can be taken by the students!!**

Communication with leaders can be made via the students e-DofE area

Or

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