

## Personal Kit List – 2 Day DofE Expedition

| To Wear                                                 | Quantity |  |
|---------------------------------------------------------|----------|--|
| Walking Boots or trail shoes suitable for rough terrain | 1        |  |
| Walking Socks                                           | 1        |  |
| Underwear (Comfortable and Wicking)                     | 1        |  |
| Thermal top or wicking base layer T-shirt               | 1        |  |
| Mid layer T Shirt (Optional extra layer)                | 1        |  |
| Lightweight jumper or fleece                            | 1        |  |
| Walking Trousers (not jeans)                            | 1        |  |

| Spare clothing to pack                                            | Quantity | Got it |
|-------------------------------------------------------------------|----------|--------|
| Thermal top or wicking base layer T-shirt                         | 1        |        |
| Mid layer T Shirt (Optional extra layer)                          | 1        |        |
| Lightweight jumper or fleece                                      | 1        |        |
| Walking trousers (not jeans)                                      | 1        |        |
| Underwear                                                         | 1        |        |
| Socks                                                             | 2        |        |
| Thermal leggings (under layer for warmth) Optional                | 1        |        |
| Nightwear (Lightweight or use your spare thermals)                | 1        |        |
| Flip flops/trainers (optional for campsite use only)              | 1        |        |
| Sun hat/camp and sunglasses                                       | 1        |        |
| Hat and gloves                                                    | 1        |        |
| Pair of shorts (if appropriate) - Not a replacement for trousers! | 1        |        |
| Waterproof jacket and trousers                                    | 1        |        |

| Personal Kit                                                          | Quantity | Packed |
|-----------------------------------------------------------------------|----------|--------|
| 55-65 litre Rucksack                                                  | 1        |        |
| Rucksack Liner or multiple dry bags                                   | 1        |        |
| Sleeping bag                                                          | 1        |        |
| Roll Mat or therma-rest etc.                                          | 1        |        |
| Compass                                                               | 1        |        |
| Whistle                                                               | 1        |        |
| Torch (ideally head torch)                                            | 1        |        |
| Spare batteries for torch                                             | 1        |        |
| Personal first aid kit (selection of plasters, blisters plasters etc) | 1        |        |
| Personal medication (needs to be noted on consent form)               | 1        |        |
| Water bottle (approx. 1ltr) or hydration bladder                      | 1        |        |
| Cutlery set of spork                                                  | 1        |        |
| Plastic bowl                                                          | 1        |        |
| Mug                                                                   | 1        |        |
| Box of matches or lighter                                             | 1        |        |
| Washing up towel and sponge (Can be shared between the team)          | 1        |        |
| Wash Kit/Personal Hygiene Items                                       | 1        |        |
| Travel towel or small towel                                           | 1        |        |
| Sun Cream (If weather appropriate)                                    | 1        |        |
| Toilet Paper (Small amount in a ziplock bag for "wild wee")           | 1        |        |
| Plastic bag for rubbish                                               | 1        |        |

### Group Kit List

Group equipment may be provided by your school, No Limits or yourself. Check with your expedition leader! The below amount will be split amongst your team on the day. It will be shared out dependent on the capacity of both space and weight each person has, aiming to make everyone's back a fair, manageable and appropriate load for them.

| Item                                      | Quantity   | Got it |
|-------------------------------------------|------------|--------|
| 2/3 Person Tent                           | 2 or 3     |        |
| Trangia Stoves + Gas                      | 2          |        |
| 1:25,000 scale map of the expedition area | At least 1 |        |
| 8-person Group Shelter                    | 1          |        |
| High visibility Vest or Rucksack cover    | 2          |        |

### Expedition Food

You should ensure you personally and as a team have enough meals and snacks planned for your expedition, there is lots of guidance and ideas in the expedition preparation guide. Below is a space for you to make notes on your plan.

|                   | Day 1 | Day 2 |
|-------------------|-------|-------|
| Breakfast         |       |       |
| Lunch             |       |       |
| Dinner            |       |       |
| Snacks and Treats |       |       |