

Personal Kit List – 4 Day Canoe DofE Expedition

To Wear	Quantity	Packed
Walking boots, old trainers or Watersports shoes	1	
Walking socks or wetsuit 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	3	
Mid layer T Shirt (Optional extra layer)	2	
Lightweight jumper or fleece	1	
Walking trousers (not jeans)	2	
Underwear	3	
Socks	3	
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/cap and sunglasses	1	
Hat and gloves (Waterproof or sailing gloves)	1	
Pair of shorts (if appropriate) - Not a replacement for trousers!	1	
Waterproof jacket and trousers	1	

Personal Kit	Quantity	Packed
55-65 ltr Rucksack (Drybags issued on expedition)	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 for 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	Day 3	Day 4
Breakfast				
Lunch				
Dinner				
Snacks and Treats				