

Duke of Edinburgh Expedition - Participant Equipment List



**Team Building &
Outdoor Activities**

Name:

DofE Card – Found in your DofE Welcome Pack - Saves at least 10% with your DofE Card at 5 DofE Recommended Retailers: Go Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso

Clothing – (Suitable for number of days on expedition)

<u>Items Required</u>	<u>Notes</u>	<u>Got it?</u>	<u>Packed it?</u>
Pair of Walking Boots	Waterproof with Ankle Support		
Walking Socks			
Waterproof Jacket	With a hood		
Waterproof Trousers			
Fleece Tops			
T-Shirts	No cotton		
Walking Trousers	No Jeans		
Underwear			
Nightwear			
Alternative Footwear	Flip flops/Trainers for around Camp		
Hat	Sunhat or Wooly Hat?		
Gloves			

Personal Equipment

<u>Items Required</u>	<u>Notes</u>	<u>Got it?</u>	<u>Packed it?</u>
Rucksack	55 – 75 litres		
Rucksack Liner	Dry Bags/Bin Bags		
Sleeping Bag	In a waterproof bag		
Sleeping mat			
Whistle			
Torch	Head torch if possible		
Personal First Aid Kit	Including any personal medication		
Food			
Water Bottle	1 or several, able to carry 2 litres of water		
Cutlery	Do you need Knife, Fork and Spoon?		
Plate or Bowl	One of - not both		
Mug			
Long Lighter			
Wash Kit	Travel sized toothpaste/deodorant etc.		
Toilet Paper	Small amount		
Sun Cream/Sunglasses			

Team Equipment

<u>Items Required</u>	<u>Who's Bringing?</u>	<u>Got it?</u>	<u>Packed it?</u>
Tent			
Camping Stove + Fuel			
Cooking Pans			
Map			
Compass			
Washing up kit	Sponges, scourer and washing up liquid		
Tea Towel			
Plastic Bags (For rubbish)			
Equipment for Team Goal	Camera/Pens/Paper etc.		

Notes: