

DUKE OF EDINBURGH EXPEDITION KIT LIST



You will need:

Walking boots/shoes (broken in)
Walking trousers/leggings
Walking socks
Nightwear, including shoes (e.g. flip flops)
Base layer/T-shirt
Woolly hat and/or sun cap
Fleece/Jumper
Gloves
Waterproof coat
Towel
Waterproof trousers
Food (see 'Food Advice')
Rucksack liner (to keep your sleeping bag dry)
Personal first aid kit

Sleeping mat
Water bottle (1-2 litres)
Sleeping bag
Fork, knife and spoon
Torch
Plate, bowl and mug
Matches (for the stove)
Notebook and pencil
Toothbrush & toothpaste
Watch
Sunglasses & suncream
Insect repellent
Compass
Scourer for cleaning pans

WE PROVIDE:

Tent
Cooking stove
Fuel for stove
Rucksack
Map

TOP TIPS

Talk to each other! You don't need 7 tubes of toothpaste for 7 people.

If you have your own OS map of the area, please bring it along.

FOOD ADVICE

Your food should...
Be low in weight and volume
Be high in calories
Cook reasonably quickly

Dehydrated foods are good. For example, pasta and sauce, noodles, dried fruit, chocolate.

We will discuss food choices in detail on your training weekends.