

# DUKE OF EDINBURGH EXPEDITION KIT LIST



## You will need:

Walking boots/shoes (broken in)	Sleeping mat
Walking trousers/leggings	Sleeping bag
Walking socks	Fork, knife and spoon
Nightwear, including shoes (e.g. flip flops)	Plate, bowl and mug
Base layer/T-shirt	Matches (for the stove)
Woolly hat and/or sun cap	Scourer for cleaning pans
Fleece/Jumper	Head torch
Gloves	Watch
Waterproof coat	Notebook and pencil
Waterproof trousers	Toothbrush & toothpaste
Food (see 'Food Advice')	Sunglasses & suncream
Water bottle (2 litres)	Insect repellent
Rucksack liner/bin bag (to keep sleeping bag dry)	Compass
Personal first aid kit	

## WE PROVIDE:

Tent  
Cooking stove  
Fuel for stove  
Rucksack (if required)  
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.