

Expedition Kit List

Personal Kit

Walking boots – broken in
Waterproof jacket
Waterproof trousers
Gaiters (optional but useful)
Warm hat and gloves (plus sun hat for the qualifying expedition)
Fleece or warm top (not made from cotton)
Thermal tops – not cotton as poor insulation properties
Walking socks and underwear
Walking trousers (not jeans or heavy cotton)
Rucksack – 55 to 65 litres
Rucksack liner – large strong plastic bag
First Aid kit including blister kit
Personal medication
Wash kit – wet wipes, hand gel, toilet roll in zip lock bag etc
Spare clothing (again not cotton)
Sleeping bag
Sleeping mat or thermarest
Emergency orange bivvy bag
Note book and pen
Repair kit (spare laces, spare batteries, duct tape, plastic bag)
Walking poles (optional but useful)
Mug, bowl and spoon
Water bottle – 1-2 litres
Torch – ideally a head torch
Wrist watch with an alarm function – to get yourself up nice and early!
Camera
Emergency rations – in a sealed bag
Food

Group Kit

Tent - PYB
Stove and fuel - PYB
Pan and pan handle - PYB
Map - PYB
Compass - PYB
Timing card - PYB
Whistle - PYB
Emergency mobile phone
Emergency procedures card - PYB
Check point cards - PYB
Penknife
Factor 20+ sun cream
Midge repellent
Emergency money to use in Public phone box
Trowel - PYB
Water purification tablets – chlorine
Matches for stove
Zip lock bags
Pan scrubber and a small amount of washing up liquid



THE DUKE OF EDINBURGH'S AWARD
GWOBUR DUG CAEREDIN

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