



Duke of Edinburgh Kit List

Clothing

Walking boots, which have ankle support (**please make sure these are worn in before the expedition, to help stop possible blisters or rubbing of the feet during the expedition**)

2 x cotton t shirts or breathable t shirts

2 x fleeces (**no woolen jumpers or hoodies are allowed**)

2 x pairs of walking trousers or leggings brought in a walking/camp store (**no denim jeans or shorts or jeggings/yoga pants are allowed, we can accept jogging bottoms which are the non-fleece material at bronze level only**)

2 x pairs of walking socks, or thick socks

A waterproof jacket with an attached hood (**Pakamacs is allowed at bronze level only**)

Waterproof trousers (**these are trousers that keep your walking trousers dry**)

A woolly hat

A sun hat

A pair of warm gloves

A pair of sun glasses (**optional**)

Walking gaiters (**optional**)

Emergency items

A whistle

A pencil and notebook (**this will be used for writing information down during the expedition**)

A small personal first aid kit (**this should contain enough items to use during an emergency as well as personal medicines, please download our ideal first aid kit list for ideas and please inform your child's leader by letter, if your child is taking medicines prescribed by a doctor, your child's leader will need to carry some of this medication, in case your child loses theirs during the expedition**)

A torch and some spare batteries

2 x 1 litre water bottles or a 2ltr hydration bag, no plastic shop brought water bottles

A box of matches and a lighter for backup

A survival bag (**silver and gold level only**)

Expedition food (**please do not bring to the kit inspections, a menu sheet will need to be prepared before the assessed expedition by your child for their assessor (silver and gold level only)**)

Emergency rations
(**silver and gold level only, this should contain a separate meal, a hot drink sachet, some dried fruit or mixed nuts and some chocolate bars**) this needs sealing up in a bag and labelling it 'Emergency Rations')

Group items	<p>2 x Mobile phones (Phones are only carried for emergency purposes only; these will be asked for by your child's leader at the start, this will be sealed in a bag and taped up before handing back to your child, to be carried by them during the expedition.</p> <p>A two- or three-man tent, (this will be divided between those sharing it, in the group (S) (separate tents for boys and girls))</p> <p>A portable stove i.e. a Trangia stove (S) – only self-sealing gas or methylated spirit/gel burning stoves allowed (if using methylated spirits, we will supply a fire retardent fuel bottle and the fuel in this case (S))</p> <p>Brillo washing up pads</p> <p>A tea towel</p> <p>Spare plastic bags to carry rubbish etc.</p> <p>A small travel alarm clock (to make sure the group wake up, at the right time in the morning)</p> <p>A bottle of sun cream</p> <p>A trowel (silver and gold level only)</p> <p>Toilet paper (silver and gold level only)</p> <p>Two watches</p> <p>Water purification tablets, a few packs per group (gold level only)</p>
Camping & personal items	<p>A rucksack 65 litres or more (this is the minimum size needed for a expedition, so that it can hold all your kit and it should have a rain cover to keep the bag dry)</p> <p>A sleeping bag in a rubble bag (the warmer the better, as temperatures drop at night, you can also bring a liner if you need one)</p> <p>A sleeping roll mat, wrapped in a rubble bag</p> <p>Some cutlery, mug, plate, etc. (plastic or metal, not glass)</p> <p>Personal hygiene wash gear</p>

eDofE profiles will need to be kept up to date before the expeditions, so your child is eligible to take part on the expedition.

(All equipment should be inside a rucksack liner, or a rubble bag and inside this, there should be items in groups, wrapped and sealed using rubble bags/freezer bags or dry sacks.)

Your child's bag must be packed as it would be on the day of the expedition for the inspection, even for your child's practice kit inspection.

(S) Can be supplied if booked with your child's leader, for a small hire cost)

All the above items can be purchased from most outdoor camping stores. Your child should receive a discount from these stores, if you present your child's eDofE discount card to the shop cashier before purchase.

If you need to ask a question about any item of kit or about the kit list, please contact your child's leader.