

Kit list

The following is a list of the recommended kit for a Bronze expedition. There is more detail in the booklet you received when you signed up; otherwise the same information can be found on the dofe website.

Clothing:

- ☐ 1 pair walking boots (broken in)
- ☐ 2 pairs walking socks
- ☐ 2 pairs sock liners (optional)
- ☐ 1-2 t-shirts
- ☐ Fleece top or similar
- ☐ Walking trousers
- ☐ Underwear
- ☐ Nightwear
- ☐ Spare shoes (flipflops/trainers etc) – for wearing at the campsite
- ☐ Hat (warm or sun depending on weather)
- ☐ Gloves (optional)
- ☐ Sunblock (can be group kit if appropriate)
- ☐ Waterproof trousers/gaiters (optional)
- ☐ Rain jacket (ESSENTIAL)

Personal Kit:

- ☐ Rucksack (60-70L is recommended)
- ☐ Rucksack liner (can be a sturdy rubble sack or similar – not a bin bag!)
- ☐ Sleeping mat
- ☐ Sleeping bag (at least 2 seasons is recommended)
- ☐ Waterproof bag for storing sleeping bag (often comes with sleeping bag)
- ☐ Torch (head torches are recommended)
- ☐ Spare batteries for torch
- ☐ Personal first aid kit (see below)
- ☐ Water bottle (2L)
- ☐ Knife, fork, spoon (or spork if preferred)
- ☐ Plate/bowl
- ☐ Mug
- ☐ Wash kit/ personal hygiene items
- ☐ Emergency rations (this should be an extra snack that will be kept until the end of the expedition.

Personal First Aid Kit:

These can usually be purchased with everything you need, but the minimum required is:

- ☐ Blister plasters
- ☐ Normal plasters (ensure that these are suitable for you, especially if you have allergies)
- ☐ Sterile wound dressings
- ☐ Antiseptic wipes
- ☐ Burn wound dressing
- ☐ Any personal medication (please make leaders and the rest of your group aware of what medication you are taking)

Group kit:

Provided by the school:

- ☐ Tents
- ☐ Trangia stoves and pans
- ☐ Fuel for tranguias
- ☐ Maps
- ☐ Compass
- ☐ Route cards and case

Not provided by the school:

- ☐ Matches
- ☐ Washing equipment (washing up liquid, scourers, tea towels)
- ☐ Food (2x lunch, 1x hot evening meal, 1x breakfast, snacks)
- ☐ Camera (if necessary for aim)

Optional equipment:

- ☐ After sun cream
- ☐ Waterproof bags
- ☐ Spare boot laces
- ☐ Sunglasses
- ☐ Evening activities for campsite (e.g. Cards, ball, Frisbee)