

## **Kit list**

The following is a list of the recommended kit for a Bronze expedition. There is more detail on the DofE website, or you can ask your DofE Trainer for more information:

### **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
- Triangular bandage
- Tick tweezers
- 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 trangias
- 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 – appropriate meals will be discussed in training sessions)
- 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)

We have limited supplies of various kit items listed above, that can be borrowed from the school. Please contact [KS4@shsb.org.uk](mailto:KS4@shsb.org.uk) for further information.