

The following is the list of kit that is needed to successfully complete the Expedition section of the DofE Award. Items marked 'as applicable' are only recommended if the weather forecast suggests that they may be needed. 'Optional' items are not vital and 'group' items are not required by each individual within the group. At least one member of the group should have the group items however!

This list should be completed and handed in when you arrive on the morning of your assessed expedition. It is your responsibility to ensure that the list is completed accurately.

Name:

Group:

Personal Kit		
Got It	Packed It	Item
		Rucksack - Ideally 65 litre size
		Rucksack Liner - or rubble bags to protect kit
		Sleeping Mat
		Sleeping Bag
		Watch
		Whistle
		Torch
		Camera (optional)
		Spare Boot Laces - That fit your boots!
		Emergency Food Rations - Not evening meal
		Food - Your share of group (group)
		Water Bottle - 1-2 Litres
		Knife/Fork/Spoon
		Plate/Bowl - Plastic!
		Mug
		Tin Opener (group)
		Tea Towel (group)
		Scourers (group)
		Matches - In small plastic bag (group)
		Rubbish Bags (group)
		Wash Kit/Personal Hygiene Items
		Hand steriliser (optional)
		Towel
		First Aid Kit (please see over for recommended contents)
		Sun Cream (as applicable)
		After Sun Cream (as applicable)
		Insect Repellent (as applicable)

Clothing		
Got It	Packed It	Item
		Walking Boots - Broken in!
		Socks - Three pairs - Comfortable to wear with walking boots
		Trousers/Shorts - Two pairs - NOT JEANS!
		T-shirts - Two/Three
		Fleece
		Waterproof Jacket
		Waterproof Trousers (as appropriate)
		Hat (as appropriate)
		Gloves (as appropriate)
		Underwear
		Nightwear
		Flip flops/Trainers/Sandals - For evening (optional)

First Aid Kit
The Duke of Edinburgh's Award recommend that an expedition first aid kit contains the following items.
At least two pairs of disposable vinyl gloves
A large individually wrapped sterile unmedicated wound dressing
An individually wrapped sterile unmedicated wound dressing
An assortment of individually wrapped sterile unmedicated adhesive dressings
An individually wrapped triangular bandage
2-3 individually wrapped antiseptic wipes
Crepe bandage
Large safety pins
Small pair of medical scissors
A pair of tweezers
Assorted adhesive plasters
Microporous (medical) adhesive tape
Blister plasters
chiroprody felt
Burns wound dressing
Eye wash (can also act as wound wash)

Participants should make the Expedition Supervisor, Assessor, other staff and team members aware of any relevant medical condition that may impact on their (or others') safety. Participants should also make people aware if they are allergic to anything, including antibiotics or any other medicine or drug.

In discussion with their Expedition Supervisor, participants might also include in their personal first aid kit appropriate personal medication, painkillers, antiseptic cream, antihistamine/bite cream and rehydration tablets/sachets.

If you are unsure about any of the items on this list or would like further information please contact dofe@stangroundacademy.org