

Silver Expedition Equipment List

Clothing

- ❑ Hiking boots
(Broken in. **MUST cover full ankle** - if in doubt, please check with staff before buying)
- ❑ Waterproof jacket
- ❑ Waterproof trousers
- ❑ Walking trousers (no jeans or heavy tracksuit bottoms)
- ❑ Shorts (as appropriate)
- ❑ 3-4 breathable t-shirts (long and short sleeve)
- ❑ Fleece/jumper
- ❑ Warm hat/sun hat (as appropriate)
- ❑ Warm gloves
- ❑ Thick socks x3 and liner socks x3
- ❑ Underwear

Personal kit

- ❑ **Large** rucksack (approx 65-75L)
- ❑ Rucksack liner (or rubble sack)
- ❑ Sleeping bag and stuff sack
- ❑ Foam roll mat
- ❑ Wrist watch
- ❑ Torch (lightweight, ideally a head torch)
- ❑ Knife, fork, spoon or a spork
- ❑ Matches/lighter (in waterproof box)
- ❑ Mug
- ❑ Pan scrub / sponge
- ❑ Plastic bags (for rubbish and wet kit)
- ❑ Note pad and pencil
- ❑ Disposable/digital camera
- ❑ Team goal research
- ❑ Toothbrush and toothpaste
- ❑ Personal medication (as necessary)
 - ❑ Sunblock
 - ❑ Hayfever relief
 - ❑ Asthma inhaler
 - ❑ Blister packs
 - ❑ Paracetamol
 - ❑ Ankle support/bandage

Please ensure medical details are up-to-date before each expedition.

Food/drink

- ❑ Lunch x 2
- ❑ Evening meal x 2
- ❑ Breakfast x 2
- ❑ Snacks
- ❑ Hot drinks
- ❑ 2-3L waterbottle/Camelbak (pre-filled)
- ❑ Emergency rations (e.g. Mars bars)

Boys will be given information on appropriate food/drinks to bring on expeditions.

Additional optional kit

These are items to consider, dependent on budget or space in the rucksack.

- ❑ Towel
- ❑ Sleeping bag liner
- ❑ Night wear
- ❑ Spare boot laces
- ❑ Playing cards/games
- ❑ Gaiters
- ❑ Sunglasses
- ❑ Camping tent light
- ❑ Sandals/flip flops
- ❑ Flask

All boys will receive a discount card in their D of E Welcome Pack, which entitles them to 10% off at GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso.

If you are unsure about the suitability of any item, you can check with staff or the D of E website:

<https://www.dofe.org/shopping/dofe-expedition-kit-guide/>