

DofE Expedition Kit List - SILVER

		Got it	Packed
Wear	Walking boots (these must provide ankle support)		
	Walking or sports socks		
	Long trousers (NOT jeans)		
	Layers for top (e.g. base layer, t-shirt, fleece)		
Easy access	Drink (not fizzy, in refillable bottle(s), minimum 1 litre at start)		
	Packed lunch & snacks		
	Waterproof jacket		
	Waterproof trousers		
	Personal first aid kit + medication (if required)		
	Sun hat & sun screen. Sunglasses optional		
	Warm hat & gloves		
	Emergency rations (in sealed bag)		
	Survival bag		
	Whistle		
	Portable torch (preferably head torch) + spare batteries		
	Watch		
Group kit	Map, route card & compass (all x 2) [<i>borrowed from school</i>]		
	Tent(s) [<i>borrowed from school</i>]		
	Gas stove(s) & fuel [<i>borrowed from school</i>]		
	Emergency phone (charged up, switched off, sealed) x 2		
	Box of matches in waterproof container x 2		
	Tea towel, pan scourers & small bottle washing up liquid x 2		
At camp	Sleeping bag (liner optional)		
	Sleeping mat		
	Evening meal (to be cooked)		
	Breakfast, lunch & snacks for day 2 & 3, dinner for day 2		
	Wash kit + towel (small travel towel is ideal)		
	Nightwear		
	Spare set of clothes (including underwear & socks) x 2		
	Plate, bowl, mug, knife/fork/spoon or spork (or similar)		
	Camp shoes, e.g. flip flops (optional but recommended)		
	Shorts (optional)		

Notes

All kit must be packed in a suitable rucksack which has been correctly fitted for the participant so that they can carry it comfortably for the duration of the hikes.

All kit must be packed inside waterproof bags. "Dry bags" are ideal but expensive so strong bin bags (e.g. garden waste bags) are a good alternative – normal bin bags or plastic bags tear easily.

Participants should pack their own rucksack so that they know where everything is.

There is a reason for everything that is on this list. Unless an item is clearly identified as being optional, it is mandatory. There will be a check at the start of the expedition and participants will not be allowed to continue if any mandatory items are missing.