

Duke of Edinburgh Kit list

Personal kit, which everybody will need:

- ****A large rucksack** to carry everything in.
 - *This should be about 60 litres.*
 - *When packed, it must not weigh more than 33% of your body weight, and ideally will be no more than 25%. For example, if you weigh 40 kg, you are aiming for your rucksack and kit to weigh 10 kg or less.*
 - *The rucksack should have a cover and a liner to keep contents dry – strong plastic bags can be used if it doesn't have one.*
- ****Sleeping bag.**
- ****Sleeping mat.**
- Sensible **walking shoes.**
 - *Ideally **walking boots, which you have worn previously.*
- ****Waterproofs** – Jacket and trousers.
- 1 litre **water bottle** (or a platypus/camelbak **and** a 500ml bottle).
- 2 pairs of **walking socks.**
- A set of **clothes for walking in** – walking trousers/ tracksuit bottoms, t-shirt, fleece top.
- A change of **clothes for at camp** – trousers, thermal t-shirt, fleece top, flip-flops.
- **Wash kit** – toothbrush, toothbrush, deodorant, sanitary products, hair brush.
- **Warm hat** for the evening and sleeping
- **Sun hat** and sun glasses (depending on weather forecast).
- Personal **medication.**

Optional personal kit

- Extra **warm layers** – e.g. buff, gloves (depending on weather forecast)

Group kit

- ***Tents**
- ***Gas stove(s)**
 - *School will provide the fuel*
 - *Groups of 5 or more will probably want two stoves for cooking.*
- **Cooking equipment** – **Matches** (in waterproof bag), **washing up liquid**, scourer, tea towel.
- **Cooking and eating utensils** – e.g. knife, fork, spoon, mug, bowl.
 - *Keep as minimal as possible!*
- **Food and snacks** – either organised individually or as a group.
 - *You must have **a cooked dinner and hot breakfast.***
 - *Good snacks are things like energy bars, dried fruit, nuts.*
- **Emergency food rations** (e.g. chocolate bar/ cuppasoup).
- ***A survival bag.**
- ***First aid kit**, optionally including insect repellent.
- **Sun cream.**
- **Torch** (and spare batteries).
- **Maps** (provided by the school), *map case and *compass.
- **Plastic bags** for rubbish.
- **Whistle.**
- **Watch** (no phones!).
- **Notebook** and pen/ pencil.
- **Entertainment** – e.g. playing cards, frisbee.
- Spare bootlaces.

Mobile phones are **not allowed** to be used on DofE (except in emergencies)! You will be given an envelope to put your phone in for the duration of the expedition.

Hire

* These items can be hired from school using the school kit hire form.

** These items can **usually** be hired from Oxford Open Expedition Kit Store through school – **advance notice** is needed for this.

Team planning!

It's really important to plan what you pack **as a team!** Duke of Edinburgh is all about working as a team, and all of your team has to succeed for you to pass your Expedition! Therefore, you need to make sure that you have **planned carefully** so you have **everything you will need as a team**. You also want to make that you are not carrying too much – you want your bag to have a bit of space in case you need to **help carry something for a team mate**.

If we were going on an expedition, this is what we might do:

- Tents: Miss Scane, Dr Hicks and Mrs Wilkins will share a WCL 3 man tent, and Mr Moden will have a small Vango Banshee 200
- Food: Group cooking for evening meal, and group snacks for longer breaks, individual lunches and small extra snacks.

Miss Scane's Bag	Dr Hicks's Bag
<p>Personal kit 1 litre water bottle Waterproofs Change of clothes for camp Change of underwear and walking socks Flip flops for camp Warm hat Sun hat Individual snacks – 2*cereal bars Packed lunch for days 1 & 2 (peanut butter sandwiches, mini cheddars, apples) Spork, mug, bowl Sleeping bag, inflatable roll mat Wash kit - toothbrush, toothpaste, deodorant, hairbrush</p> <p>Group kit Inner for WCL 3 Food for group evening meal – pasta and dried pasta sauce mix, individual chocolate cake pots for pudding, hot chocolate sachets Breakfast porridge pot Small tube of sun cream Torch + spare batteries</p>	<p>Personal kit 1 litre water bottle Waterproofs Change of clothes for camp Change of underwear and walking socks Warm hat Sun hat Individual snacks – 125g bag yoghurt raisins Packed lunch for days 1 & 2 (cheese wraps, Hula-hoops, banana and apple) Fork, knife, spoon, plate, mug Sleeping bag, foam roll mat Wash kit - toothbrush, toothpaste, deodorant, hairbrush</p> <p>Group kit Outer for WCL 3 Trangia Breakfast porridge pot Notebook and pencil Survival bag Spare boot laces</p>
Mrs Wilkins Bag	Mr Moden's Bag
<p>Personal kit 1 litre water bottle Waterproofs Change of clothes for camp Change of underwear and walking socks Warm hat Sun hat Individual snacks – 2*cereal bars Packed lunch for days 1 & 2 – (samosas, mini cheddars, apple and tangerines) Spork, mug, bowl Sleeping bag, inflatable roll mat Wash kit - toothbrush, toothpaste, deodorant, hairbrush</p> <p>Group kit Poles for WCL 3 Breakfast porridge pot Group snacks – 500 g bag dried apple rings, 125g bag nuts, malt loaf Tea bags and dried milk sachets Toothpaste Tea towel, scourer, washing up liquid, wooden spoon Matches Pack of playing cards Frisbee First Aid Kit Mobile phone for emergencies, in sealed envelope</p>	<p>Personal kit 1 litre platypus + 500 ml water bottle Waterproofs Change of clothes for camp Change of underwear and walking socks Sandals for camp Warm hat Sun hat Individual snacks – 2*energy bars Packed lunch for days 1 & 2 – (cheese sandwiches, bananas) Spork, mug, plate Sleeping bag, foam roll mat Wash kit - toothbrush, toothpaste, deodorant,</p> <p>Group kit Vango Banshee 200 Breakfast porridge pots*2 – Mr Moden is hungry! Emergency ration – Kandle Mint Cake, hot chocolate sachets Whistle Torch Plastic bags for rubbish Mobile phone for emergencies, in sealed envelope</p>