

EXPEDITIONS & TRAINING

Adventure
RESIDENTIALS

DofE Expedition Kit List

CLOTHING

Items in **Bold** must be packed. Without these you may not be able to start the expedition

Got it	Packed it	Item	Comments
		Walking boots	walking group only no boots no expedition
		2 pairs walking socks	Thick socks
		2/3 t-shirts	Not Cotton as this traps sweat
		Thermal t-shirt	(optional)
		2 fleece tops or similar	Avoid Hoodies if possible
		2 walking trousers	Not Jeans or towelling tracksuit bottoms
		Underwear	
		Nightwear	Thermals are good for this
		Trainers	For night time use
		Warm hat & Sun hat	As appropriate
		1 pair gloves	Waterproof if possible
		1 pair of shorts	If appropriate
		Sun block	If appropriate
		Waterproof over trousers	
		Waterproof jacket	Not a rugby training top

PERSONAL KIT

Got it	Packed it	Item	Comments
		Rucksack	about 65 - 70Ltrs capacity
		Rucksack liner	All items need to be waterproofed
		Sleeping mat	
		Sleeping bag & liner	Liner Optional, will increase the temp range of a sleeping bag
		Whistle	
		Torch	Head torch are preferable & spare batteries
		Personal first aid kit	See notes
		Insect repellent	
		Midge/insect head net	A must have for Scotland expeditions
		Water bottles	2 x litre Must be strong bottle
		Knife, Fork, Spoon	
		Plate/Bowl/Mug	
		Matches/lighter	
		Wash kit/wet wipes	
		Food	Including some spare emergency food
		Sun block	
		Watch	

GROUP KIT

Most items in the group kit are supplied by Adventure Residentials. Any losses or damage by misuse will be charged for.

Got it	Packed it	Item	Comments
		Tent(s)	
		Trangia stove	
		Stove fuel	
		Maps	
		Compass	
		Map cases	
		Group shelter	
Not provided			
		Scourers	To clean your trangia. Brillo pads are provided for the final clean
		Food	Based on your menu plans.
		Plastic bags	For personal rubbish etc.
		Toilet paper	
		Tea towel	

ADDITIONAL OPTIONAL KIT

Got it	Packed it	Item	Comments
		Hydration pack	
		After sun cream	
		Sunglasses	
		Tin opener	If you have tins with your food
		Playing cards etc	
		Water purifying tablets	
		Gloves	
		Gaiters	
		Towel	Optional (lightweight travel towel)
		Note book & pen/pencil	
		Small quantity of money	optional
		Camera	
		Walking poles	
		Spare boot laces	
		String	

PERSONAL FIRST AID KIT

You will need to carry your own first aid kit. Your personal first aid kit can be adapted to your own needs, conditions or allergies. When all the individual first aid kits in an expedition team are combined they should provide sufficient resources to deal with a more serious emergency. Make sure you let your supervisor and other team members know if you have any allergies, particularly to a medicine, antibiotic or drug. Check that your first aid kit has plenty of plasters, blister plasters, antiseptic wipes and disposable gloves as these are what get used most.

Note - Pack weight should not exceed one quarter of body weight