

Adventurous Journey Kit List

This is a guide as to what to pack for your International Duke of Edinburgh Award expedition.

* items are essential to have. You will not be allowed to take part if you do not have these items

Clothing

Item needed	# Bronze	#Silver	#Gold	Packed it	Check
1 pair of walking boots (broken in)*	1	1	1		
Pairs of walking socks*	2	3	4		
Jacket/coat (waterproof 10,000mm minimum)*	1	1	1		
Waterproof over-trousers	1	1	1		
Fleece tops or similar*	1	2	2		
T-shirts (thermal optional if winter)	2	2	3		
Walking trousers/shorts (warm, NOT jeans)*	2	2	2		
Underwear	2	3	4		
Nightwear (optional)	1	1	1		
Flip flops/sandals (optional for campsite use)	1	1	1		
Warm hat and/or sunhat (as appropriate)	1	1	1		
1 pair gloves (if appropriate)	1	1	1		

Personal Kit

Item needed	# Bronze	#Silver	#Gold	Packed it	Check
Rucksack (60-75 L)*	1	1	1		
Rucksack liner (or 2 strong plastic bags or bivy bag)	1	1	1		
Sleeping bag*	1	1	1		
Sleeping mat	1	1	1		
Sleeping bag liner (optional)	1	1	1		
Torch (handheld/head torch and spare batteries or brand new ones)*	1	1	1		
Water bottle*	1.5L	1.5L	2L		
Cutlery, Plate/bowl, mug	1	1	1		
Box of matches (in waterproof container or lighter)	1	1	1		
Wash kit/personal hygiene items/towel	1	1	1		
Sunblock					
Towel	1	1	1		
Small quantity of money (optional)					
Emergency rations *	2000 cal	2000 cal	2000 cal		

Group Kit (Based on 6 people so this might change due to the numbers in your group)

Item needed	# Bronze	#Silver	#Gold	Packed it	Check
Emergency phone	1	1	1		
Tents	2	2	2		
Camping stoves	2	2	2		
Camping gas	1	2	2		
Matches/Lighter packed to keep them dry					
Pot cleaning equipment (sponge/ tea towel)	1	1	1		
Plastic bags (for rubbish etc.)	1	2	2		
Toilet paper and trowel	1	1	1		
Maps (1:25 000/1:50 000)	2	2	2		
Compass	2	2	2		
Camera (optional)					
Tick remover (location dependent – ask your Supervisor)	1	1	1		
Survival bag (optional for summer)	1	1	1		
Watch with alarm (you need one per group)*	1	1	1		
Group first aid kit	1	1	1		

The school provides the items in blue:

Tents will be provided by the school (If you want to use your own you will need to show us the week before you intend to use it)

Camping stoves and fuel will be provided by the school. We use the Trangia range with gas burners.

Cooking pans are included with Trangia stoves.

Scourers will be provided by the school as part of the Trangia stoves.

Trowel in a plastic bag (x1) - provided by school

First aid kit (x1) - provided by school which includes a tick remover

Maps (x2) and compasses (x2) will be provided by the school

General Advice

Waterproof Gear:

A waterproof coat is crucial; **participants without the correct coat cannot join expeditions**. The coat should have a waterproof rating above 10,000 mm, with 15,000 mm or higher recommended for longer trips (for reference Gore-Tex® is rated at 28,000 mm). Waterproof trousers are highly recommended but not mandatory.

Hiking Shoes:

Support, grip, and comfort are essential in hiking shoes. Waterproofing is a bonus but not required. Running shoes lack support for carrying heavy loads, and snow boots are too heavy. Lightweight hiking shoes are ideal for multi-day hikes.