

DUKE OF EDINBURGH EXPEDITION KIT LIST



You will need:

Walking boots/shoes (broken in)	Sleeping mat
Walking trousers/leggings	Sleeping bag
Walking socks	Fork, knife and spoon
Nightwear, including shoes (e.g. flip flops)	Plate, bowl and mug
Base layer/T-shirt	Matches (for the stove)
Woolly hat and/or sun cap	Scourer for cleaning pans
Fleece/Jumper	Head torch
Gloves	Watch
Waterproof coat	Notebook and pencil
Waterproof trousers	Toothbrush & toothpaste
Food (see 'Food Advice')	Sunglasses & suncream
Water bottle (2 litres)	Insect repellent
Rucksack liner/bin bag (to keep sleeping bag dry)	Compass
Personal first aid kit	

WE PROVIDE:

- Tent
- Cooking stove
- Fuel for stove
- Rucksack (if required)
- Map

TOP TIPS

Talk to each other! You don't need 7 tubes of toothpaste for 7 people.

If you have your own OS map of the area, please bring it along.

FOOD ADVICE

Your food should...

- Be low in weight and volume
- Be high in calories
- Cook reasonably quickly

Dehydrated foods are good. For example, pasta and sauce, noodles, dried fruit, chocolate.

We will discuss food choices in detail on your training weekends.