This is an edited version of the kit list published on www.DofE.org. The following are the items Westhill Open Award Group agree you will need when undertaking an Expedition for any Level of Award. This is to be used as a GUIDE only. Quantities of some items will be dependent on level and duration of expedition. Aim to carry no more than 25% of your own weight.

THE DUKE OF EDINBURGH'S AWARD
www.DofE.org

Westhill Open Award Group

Email: WesthillDoE@aol.co.uk
Website: www.WesthillDoE.co.uk

EXPEDITION KIT LIST

TO WEAR	walking boots (well broken in) walking socks thermal top or t-shirt	fleece walking trousers (warm, NOT jeans)

PERSONAL KIT

Expedition Safety Card
(inc. Supervisor and Emergency contact details)
waterproof over-trousers
cagoule/jacket (must be waterproof and windproof)
personal first aid kit including any personal medications
warm hat and gloves/sunhat and suncream

large rucksack (approximately 55-65 litre capacity)
rucksack liner (or 2 x plastic bags or use your survival bag)
sleeping mat
sleeping bag (in a waterproof bag)
sleeping bag liner (optional)
survival bag

spare pair walking socks
spare t-shirts
spare thermal top or t-shirt
spare fleece
spare walking trousers (warm, NOT jeans)
spare underwear
small wash kit inc. small towel, wet wipes,
trainers or flip-flops (optional for water crossing/ campsite)

notebook & pen/pencil
handheld torch and/or head torch (LED are best)
plus spare batteries
small pocket knife/pocket tool
insect repellent and midge head net
watch
whistle
maps (in a map case or polypocket)

mobile phone (optional - see additional information sheet)
small quantity of money (optional)

food (small and lightweight)
emergency rations (NOT to be eaten until the end!)
water bottle plus sterilisation tablets (optional diluting juice)
knife, fork, spoon or spork
plate/bowl
mug
box of matches (or lighter, sealed in a dry container)

trowel
toilet paper
hand cleanser gel

GROUP KIT (to carry between the team)

Tents (split between 2 or 3)
Stove including pots plus fuel bottle
(allow 0.25 litres of METHYLATED SPIRIT per stove per day)
Scourer, washing up liquid (small amount) and tea towel
Maps in a map case (or polypocket)
Compass

aim of expedition recording kit (camera, pen, paper, etc)
team first aid kit (see additional information sheet)
plastic bags for rubbish
pack of cards
tin opener (if required)
repair tape (optional - duck or duct tape)

We can supply the following kit which should be booked in advance:

FOR HIRE *(Returnable deposit £25 by cheque made out to 'Westhill Open Award Group')*:

2 or 3 man tents **Rucksacks with rain covers**
2 or 3 man Trangia Stoves inc. fuel bottle
Maps, map cases and compasses

Email any kit enquiries to WesthillDoE@aol.co.uk