


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.

 <p>THE DUKE OF EDINBURGH'S AWARD www.DofE.org</p>		<p align="center">Westhill Open Award Group Email: WesthillDoE@aol.co.uk Website: www.WesthillDoE.co.uk</p> <p align="center">EXPEDITION KIT LIST</p>	
TO WEAR	walking boots (well broken in) walking socks thermal top or t-shirt	fleece walking trousers (warm, NOT jeans)	
PERSONAL KIT			
<p>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</p> <p>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</p> <p>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)</p>		<p>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)</p> <p>mobile phone (optional - see additional information sheet) small quantity of money (optional)</p> <p>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)</p> <p>trowel toilet paper hand cleanser gel</p>	
GROUP KIT (to carry between the team)			
<p>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</p>		<p>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)</p>	
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			
<hr/> <p>Email any kit enquiries to WesthillDoE@aol.co.uk</p>			