

## EXPEDITION KIT LIST

Emergency rations at the very bottom, items needed only at night-time next. Things you will need throughout the day must be accessible, such as in pockets or in the lid. Heavier items are better towards the centre of the rucksack to help keep the pack stable. Try it on several times to ensure that nothing is sticking in your back or causing you to overbalance.

The DofE guidance is that your pack should be no more than a quarter of your weight, though many young people carry more than this. If you don't pack it, it won't be carried for you, unless you have a special medical concession. We suggest a layering system for flexibility comprising base, mid and outer layers. The kit-list assumes that one set of clothing is worn and a complete spare outfit is carried in a waterproof bag in your pack.

Items marked in red can be borrowed from the centre. Please go to the following link: <https://goo.gl/forms/5qwYY65wD3oSoq4a2>

Got It	Packed	Item Needed	Notes
		<b>1 pair walking boots</b>	Waterproof and with ankle support and broken in. Check that they still fit 2 weeks before.
		2 pairs walking socks	Specialist cushioned walking socks made from a blend of wool and man-made fibre. NOT school-type nylon sports socks which rub.
		2 base layers	Technical wicking T shirt in man-made fibre or merino wool. No cotton as can be very cold when wet. 1 technical T shirt and 1 long sleeved thermal top preferably in a light colour would be a good combination. Football shirts are made of the right material and are good to use.
		2 mid layers	E.g. fleece tops
		2 pairs walking trousers	Polyester quick-drying fabric NOT jeans or cotton. Tracksuit-type trousers (not thick cotton type) or synthetic leggings are fine. Shorts or synthetic leggings an option instead of one pair of trousers if forecast is good though be aware that some expedition routes go through lush vegetation (i.e. nettles)
		Underwear	
		Nightwear	OPTIONAL. You can sleep in a T shirt and underwear if you want to keep pack weight down
		<b>1 waterproof and windproof jacket</b>	This is your outer layer
		<b>1 pair waterproof over trousers</b>	Look for big ankle zips that allow the over trousers to be slipped on without the need to take boots off.
		Gaiters	OPTIONAL particularly for gold and silver if travelling through rough and/or boggy ground
		Walking poles	OPTIONAL for steeper ground (gold or silver) or for anyone with weak ankles or knees.
		1 pair flip-flops or lightweight plastic/rubber sandals	To wear on the campsite during the evening. It's a good idea to let your feet breathe after a day in boots and socks, especially if you've had wet feet. It's also safer to walk around the campsite in flip flops than bare feet.
		1 sunhat	
		1 warm hat	
		1 pair gloves	
		1 watch	Inexpensive. You will need this as your mobile phone will be at the bottom of your rucksack.
		Sunglasses	OPTIONAL. Plus cleaning cloth and case
		Hair scrunchy	For long hair only - essential to tie back hair when cooking near open flame
		1 plastic bag	e.g. shopping bag. For rubbish or other bits and pieces as you travel.
		Handkerchief/tissues	OPTIONAL
		Toilet paper	Small stash
		Suncream SPF30+ Lip salve SPF 30+	Nivea Kids pocket size bottle is handy and lightweight but check weather forecast as more maybe needed for expeditions if weather is good.
		Insect Repellent	Smidge brand is good; Avon Skin So Soft natural oil spray or Citronella essential oil are alternatives
		Midge Hood	Optional
		Personal medication	This is for medication you take regularly declared on your consent forms (e.g. inhaler, hay fever tablets, eczema creams) and personal items for own use only with parent's permission – e.g. personal blister kit plus a couple of antiseptic wipes and plasters, anti-histamine insect bite cream (advisable), painkillers (e.g. ibuprofen or paracetamol) and diarrhoea medicine (e.g. Imodium), rehydration sachets or glucose tablets, antiseptic cream. Note that a Team First-Aid Kit will be provided as group kit

## Visit GO Outdoors Manchester

Urban Exchange, Great Ancoats Street, Manchester, M4 6DE

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Or order online at [goutdoors.co.uk](http://goutdoors.co.uk) Just use code 10EXPED at checkout

## PERSONAL RUCKSACK AND CAMPING KIT

Got It	Packed	Item Needed	Notes
		<b>Rucksack 60-70 litres</b>	e.g. Vango Contour 60+10. Check weight & size. Most rucksacks come in 3 different sizes
		Waterproof rucksack cover and/or liner	OPTIONAL.
		2 waterproof bags	For your sleeping bag and spare clothes. Proper dry bags are best but strong plastic rubble sacks are OK
		1 litre minimum size sturdy screw cap water bottle	Check that screw cap does not leak. Nalgene type clear plastic bottles are good as have calibrated measurements on the side, handy for camp cooking.
		Food	Daytime food and snacks as per group's Food Plan for 2 days (bronze) or 3 days (silver) or 4 days (gold). Breakfast & evening meals are dealt with in the Group section of the checklist.
		Emergency food	About 500Kcals worth separately packed and labelled and stored in the bottom of your pack never to be used we hope. Your official DofE Assessor may ask to see this and you may be asked to re-do your Expedition if you can't produce it (or have eaten it...)
		Mug, bowl and plate	Plastic is cheap and lightweight.
		1 set camping cutlery	E.g. a "Spork"
		<b>Sleeping mat</b>	As light and as non-bulky as possible. Karrimat type inexpensive and functional or Thermarest semi-inflatable type – comfortable but more expensive. e.g. Hi Gear Traveller Sleeping Mat
		<b>Sleeping bag</b>	Mid weight 2 or 3 season type, synthetic or down filling with compact stuff sack or compression straps to reduce volume. E.g. Vango Ultralite 600 (5degree) <b>DON'T FORGET TO PACK IT IN A WATERPROOF BAG SEE ABOVE</b>
		Camping Pillow	OPTIONAL. A folded fleece can be used as a pillow to keep pack weight down
		Wash kit	Keep it small and keep it minimal and pack in a re-sealable airport style plastic bag i.e. just a toothbrush, a single piece of dental floss, sample size toothpaste, tiny hotel-type bottle of liquid soap and tiny bottle of moisturiser. Wet wipes and antiseptic hand gels are also useful.
		Camping towel	Small camping towel e.g. LifeVenture or Packtowl
		Torch	Head-torch with LED lights recommended - hands free and bulbs and batteries long-lasting
		Spare batteries	OPTIONAL. Not necessary for LED type torches providing they have fresh batteries
		Emergency money	£5 note. Only to be used in an emergency whilst on the expedition but then to be used for ice-creams at the end !
		Paperback Book	OPTIONAL . Bedtime reading

## GROUP KIT - TEAM MEMBERS TO PROVIDE & POOL TOGETHER TO SAVE WEIGHT

Got It	Packed	Item Needed	Notes
		Laminated OS Maps Tents Cooking Equipment	Supplied by the Centre
		Small notebook and pencil; non-phone camera; anything else required for Expedition Project	The expedition project, e.g. a litter survey, will be agreed and planned in advance with the team's Mentor. Equipment required might be notebooks and pencils, sketch pads and coloured pencils or paints, camera etc.
		Food	Breakfast, evening meals and drinks/soup as per team's Food Plan. Assumed that daytime food and snacks are prepared and carried by individual team members according to their own personal choice.
		1 small drying cloth per cooking group	For drying your pots after cooking and eating. Not a linen tea-towel. A small micro-fibre cloth would be a good choice.
		3 bin bags	Handy for all sorts of things
		2 or 3 route cards laminated	Prepared in advance
		Pack of cards, Frisbee	OPTIONAL. Campsite evening entertainment



\* Offer available at Go Outdoors, Urban Exchange, Great Ancoats Street, Manchester only. Please mention that you are a member of the Timperley DofE Centre. Can only be used to purchase DofE expedition equipment. Cannot be used in conjunction with any other offers. Voucher must be redeemed by 31<sup>st</sup> May 2017