



Duke of Edinburgh's Award
Romsey Baptist Church Open Award Centre



Kit List

The equipment required for an Award expedition is intended to ensure the safety and comfort (in that order) of the participants but not everything has to be purchased by every participant.

We will provide tents, stoves and cooking equipment and other kit can be loaned out if requested e.g. waterproofs. More personal items will need to be bought although do consider whether it might be possible to borrow from other youngsters who have taken part in an expedition. It is possible in some areas of the country to hire boots – if you find somewhere in Hampshire that offers this service please let me know.

Remember the expedition section (Bronze) is only for one night and two days. Do not carry more than you actually need. What you bring on expedition, you will have to carry. When packing ask yourself, will this make my rucksack too heavy; will it pack without damaging; will it survive damp or wet; is it really, really, vital to my survival for just one night? **Remember also you won't be allowed to carry more than 1/4 your body weight.**

The following tips may be helpful when buying / packing equipment (advice on equipment is always available via the leaders). Please note this is not official Award guidance just general advice from the author and is intended to help participants to understand some of the issues around equipment selection and use.

Clothes (principle of layers)	The principle of layered clothing is to trap warm layers of air and wick away moisture as well as flexibility during changing weather conditions. Aim to Stay Warm, Stay Dry, Stay Happy – remember there is no such thing as bad weather just inappropriate clothing!
Clothes (Base layer)	T-shirts/tops – wicking sports tops are best (cotton T-shirts get wet when sweating)
Clothes (Mid layer)	Fibre-pile, synthetic fleece (which stays warm when wet), or medium weight loose fitting pullovers; loose synthetic material trousers/jogging bottoms NO JEANS (they never dry out and can lead to hypothermia)
Clothes (Outer layer)	Waterproof jacket and trousers ideally with a double zip and waterproof baffle, wired hood that will fit over a hat and drawcords; either breathable material or neoprene (which is sweaty)
Waterproofs (Jacket and Trousers)	Not an item to skimp on unfortunately. Many of the waterproofs available on the market range between showerproof to fully lined Gortex waterproofs. You can spend anything from £30 - £300. Many shop assistants will tell you that a jacket is waterproof and participants have bought these, only to be soaked on the first weekend. Again try to get the best waterproof you can afford. A good jacket that would be suitable for DoE should cost around £100. It is better not to go for the cheapest as your waterproof will be your main protection against the elements. (These can be borrowed if enough notice is given)
Spare clothes	Needed in case you get soaked in bad weather but remember if your spare clothes are a different weight (e.g. lighter top and trousers) you can also use them to be more adaptable to weather changes.
Hats	Hats for Hot and Cold weather are important. Baseball type caps will keep the sun off in hot weather whilst woolly hats will keep you warm in cold weather (30% of heat is lost through the head).
Boots	Fabric (easier to wear in but leak) or leather (which needs to be proofed thoroughly) providing good ankle support with a flexible cleated rubber sole and bellows tongue. Take them for a long walk before the expedition!
Trainers	Alternatively, trainers with good grip are acceptable in low level terrain however remember the New Forest (where we do most of our work at Bronze) is almost always wet / boggy in places and uneven underfoot. Trainers should be good quality walking shoe types not old collapsed fabric types.
Socks	Very much a matter for personal choice. Advice is often to wear 2 pairs e.g. usually a thin, cotton pair inside thick wool loop stitch



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	(wool/synthetic) walking socks. Experiment with different combinations for maximum comfort and no blisters.
Rucksack	Integral frame either fitted or adjustable size, 55/65 litre capacity, padded shoulder straps, padded load carrying hip belt, chest strap, strong construction. Comfortable (Think ahead: will you need a big rucksack for university?)
Rucksack liner	Rucksacks are NOT waterproof, they need a liner but you can save money by using a heavy duty plastic bag e.g. garden refuse bag or rubble sack will be fine (not kitchen bin liners though)
Sleeping Bag	Again very much a matter for personal choice but for what it's worth advice for an Award participant would be to get a 2 - 3 season bag with synthetic hollow fibre filling constructed using over-lapping or box quilting to avoid cold spots. (Down filling will be ruined if wet).
Sleeping Bag liner	A cotton liner used to keep the inside of the sleeping bag clean (and hygienic if using a shared bag). Can be a bit uncomfortable if it gets tangled during the night. Not an essential item.
Water Bottle	At least one litre, ideally 1.5/2 litre mineral water / squash bottles (500ml bottles will not be enough - they last about an hour on a hot day!)
Watches	A wrist watch is important, please don't expect to rely on your mobile phone (as mobiles must be switched off and packed away whilst on expedition)
Torches	Head Torches are most useful around camp. Consider carrying a pocket torch and a head torch instead of spare batteries and bulb for a single torch.
Pocket Knives	Pocket Knives UK law only permits pocket knives with folding blades less than 3". Even then they should be restricted to use on the campsite.
Wash kit	Pack small - soap (travel soap in tube or very small bar), towel (small hand towel), toothbrush, toothpaste (end of a small tube), shampoo in small plastic bottle (e.g left over bottle from the Body Shop or hotel goodies bag)
Personal Hygiene	Best advice - take your own toilet paper (even the campsites can run out!) Consider mini tissue packs rather than a roll of toilet paper. (Keep in a plastic bag) Also consider taking a packet of "Wet Wipes" and also some Alcohol hand rub for when there's no soap and water.
First Aid Kit	You can make one up from any chemist & put it all in a ziplock bag (available from supermarkets) – you do not need to go out and buy an expensive purpose made 1st aid kit)
Cooking	A calibrated container is always useful (for making sauces etc), consider marking out a water bottle or other container you are already taking.
Washing up liquid	Again use a small bottle (e.g left over bottle from the Body Shop or hotel goodies bag)
Pencil & Notebook	For noting down location and incident details when going for help but also needs to be adequate for recording data for your expedition aim work.
Mobile Phones, MP3 players	Not allowed whilst on Expedition time.
Digital Camera's, Digital Video's	Very useful for collecting material for your aim work. Consider though whether you want to risk losing Dad's best camera or even just getting it rain damaged! Also check it's insured. If you plan to use your mobile phones as a camera for you will need to agree this with the expedition supervisor (and assessor) (see note on mobile phones).
Emergency Rations	These are not alternative snacks! They need to be packed away and only used in an emergency i.e. not as snacks. On your assessed expedition the Assessor may well ask to see your emergency rations at the end of the trip. One tip is to choose items you're not really keen on and wouldn't eat unless you really needed them (unlike snacks which are intended to allow you to graze during the day and count as part of your required calories).



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Personal Kit - Clothes	Personal Kit - Equipment	Personal Kit – Emergency	Group Kit
T shirt/base layer Warm shirt/rugby shirt Fleece/jumper Walking trousers (NOT JEANS) Underwear Boots 2 pairs socks Trainers or flip flops (for campsite) Gaiters (optional) Waterproof jacket Waterproof trousers Gloves Hat (Woolly or Sun) Wash Kit / Towel - small Spare Clothes Complete change of clothing in case of bad weather	Rucksack. 55/65 litre Rucksack liner (or HD plastic bag) Sleeping bag – 3 season ideally Karrimat Water bottle Mug / Plate / bowl (pref. plastic) Knife, fork and spoon Toilet paper (in plastic bag) Bin liners (2) Pack of cards (optional) Camera and film (optional)	Torch (+Spare batteries / bulb) Whistle Notebook pen/pencil (in plastic bag) Pocket knife A little cash (+Coins for phone) Contact Phone Numbers Expedition Safety card Plastic survival bag (big orange bivvy bag) First Aid Kit in waterproof container (see below)	Map (x2) Compass (x2) Route Cards (x2) Map Case Tents (1 per 2/3) Stoves (and fuel) (1 per 2/3) Cooking pans 2 Tin openers Matches (sealed in a dry container) Tea/Coffee/sugar/dried milk Soap pads or abrasive sponge pad Tea towel Washing up liquid Trowel Water container Plastic bags (for rubbish etc.)

Personal Food – Lunch / Daytime	Personal Food – Emergency Rations	Group Food (Bronze)	Group Food (Silver)
Packed lunch (1 per day) Snacks	Emergency rations	1 evening meal; 1 breakfast,	2 evening meals; 2 breakfasts

Make sure you have removed any unnecessary weight, e.g. packaging; that you are carrying no more food than you are going to eat (good idea to measure out meals / portions into sandwich bags beforehand); that you are carrying no food which is going to leak / spill inside your rucksack and that your lunches do not require cooking.



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Personal First Aid Kit	Personal First Aid Kit	Personal Medication	Group First Aid Kit
Antiseptic Wipes Plasters 1 med sterile wound dressing 1 lge sterile wound dressing 1 triangular bandage 1 Crepe bandage 5cm Adhesive Dressing Strip 30x6 cm for blisters and cuts Chiropody felt or moleskin Zinc Oxide plaster (25mm)	Antiseptic cream Insect repellent Sting relief Sunblock Sunburn cream Small pair of scissors Pair of tweezers / Tick Remover Large safety pins Disposable gloves Plastic Disposal Bag	<p>First Aiders should not share or administer medications to others.</p> <p>Take: Pain killing tablets (paracetamol or ibuprofen based (NOT Aspirin)</p> <p>Consider whether you need Any other personal medication: e.g Asthma, Migraine, Diabetes, Allergies etc.</p> <p>Hypo-allergenic tape e.g. Micropore Tape (25mm)</p>	<p>It is worth considering the following to be carried between members of the group</p> <p>Resusciate (for emergency resuscitation) Large Crepe bandage (7.5 cm) Eye Pad, Eye Bath & lotion Finger Dressings Cling Film (for burn dressings)</p>