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# EQUIPMENT LIST

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Regardless of your past experiences, this equipment is the minimum required for expeditions undertaken in the terrain which you are walking, in accordance with the insuring DofE Operating Authority. This list forms the basis of the pre expedition check conducted with each team on the Saturday prior to the start.

**We are unable to provide or loan out any equipment to you. Any missing items must be purchased or obtained prior to the commencement of your expedition.**

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## To Wear Walking

- 1 x pair Walking Boots (broken in) and spare laces
- 1 x pair Walking Socks
- 1 x pair Thin Socks / Sock Liners (optional)
- 1 x Thermal Top or T-shirt
- 1 x Microfleece / Sweater
- 1 x Walking Trousers (warm; NOT jeans)
- 1 x HiVis Jacket / Reflective Band (to be worn if walking in the dark)

## Personal Kit (To Carry)

- 1 x Large Rucksack (approximately 55-65 litre capacity)
- 1 x Rucksack Liner (or 2 x strong, large plastic bags)
- 1 x Sleeping Mat
- 1 x Sleeping Bag
- 1 x Waterproof Bag (Dry Store Bag) (for storing sleeping bag)
- 1 x Sleeping Bag Liner (optional)
- 1 x Survival Bag
- 1 x Personal First Aid Kit
- 1 x Watch
- 1 x Whistle
- Small quantity of money (optional)
- 1 x Notebook and Pen / Pencil
- 1 x Torch, spare batteries and bulb (e.g. small Maglite or Petzl headtorch)  
(spare bulb not required for LED torches)
- 1 x Emergency Food Rations (not to be eaten until the end!)
- 1 x Water Bottle / Carrier (e.g. Sigg, Nalgene, Platypus or strong plastic, 1-2 litres)
- 1 x pack Water Purification Tablets / Droplets (containing Chlorine Dioxide)
- 1 x Knife, Fork, Spoon set / Spork
- 1 x Small Pocket Knife (e.g. DofE Pocket Tool by Victorinox)

### Personal Kit (To Carry) - Continued ...

- 1 x Plate, Bowl, Mug set
- 1 x box of Matches (sealed in a dry container or bag)
- 1 x Small Wash Kit
- 1 x Small Towel
- Toilet Roll(s) and Antibacterial Hand Sanitizer Gel
- 1 x Insect Repellent (optional)
- 1 x Waterproof and Windproof Jacket
- 1 x Waterproof Over-trousers (essential for wild country)
- 3 x pairs Underwear / Sports Bra (optional)
- 2 x pairs Walking Socks
- 2 x Thermal Tops or T-shirts
- 1 x spare Microfleece / Sweater
- 1 x spare Walking Trousers (warm; NOT jeans)
- 1 x pair of Trainers / Alternative Footwear (optional)
- 1 x Hat (warm)
- 1 x pair Gloves (warm)
- 1 x pair Shorts (if appropriate)
- 1 x Sunhat
- 1 x bottle of Sun Cream
- 1 x pair Gaiters (optional)

### Team Kit (to carry between the team)

- 2-3 x Tents
- 2-3 x Camping Stoves (& fuel, in a safe container)
- 2-3 x Cooking Pots (if not incorporated in stove e.g. Trangia or JetBoil)
- 2 x Scourers / Washing-up Materials
- 2 x Tea Towels
- Food (small & lightweight, as per menu planner)
- 3 x Ordnance Survey Maps (minimum per team)  
Explorer / Outdoor Leisure 28 - Dartmoor 1:25 000 (recommend laminated style maps)
- 3 x Map Cases (one for each map)
- 3 x Compass (Silva / Recta type)
- 1 x Camera (optional)
- 5 x Plastic Bags (for rubbish etc.)

### Do Not Forget ...

- DofE Gold Record Book / eDofE evidence with all training and practice elements fully signed off

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