

Expedition Kit List

This kit list is suitable for the Duke of Edinburgh Award scheme and the Gilwell Trophy competition. In most cases the unit will be able to supply the team kit, and each participant must provide the Personal kit. When on an expedition a team of 4 should evenly distribute and carry the Team kit between them. All kit (except for roll-mat) should go inside the rucksack.

Essential Personal kit (Supplied by you)

- Rucksack (55-75 litres)
- Sleeping bag
- Roll-mat or Karimat
- Hiking Boots (not trainers)
- Walking Socks
- Long trousers(not jeans)
- T-Shirts, shirt or similar
- Warm jumper, fleece or sweatshirt
- Waterproof jacket or coat
- Waterproof leggings or gaiters
- Water bottle(1 litres) full of water
- Hand torch or headlight torch
- Uniform top and scarf
- Hat/Gloves
- Plate, knife, fork, spoon, mug(plastic)
- Spare long trousers
- Spare Undershirt or T-Shirt
- Spare Jumper or fleece
- Towel
- Rucksack Liner or Bin-Liner

Team Kit (Supplied by Unit)

- Lightweight tents for whole team
- 2 x Stove /Gas and matches
- 2 x cooking pots
- Washing up equipment
- Ordnance Survey map of area
- Map case
- Compass
- Whistle
- First Aid kit
- High Visibility vest
- Survival bag
- Suitable food for expedition
- Emergency rations

Potentially Useful kit items

- Toilet roll
- wash-kit
- Spare Torch Batteries
- Adequate underwear
- Antibacterial wipes

If you need to buy kit and are unsure of what specifications you need please ask me before visiting any shops.

At Millets you'll receive 10% off your purchases if you show your scarf.

Mike Thurston

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