

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.

Personal kit (Supplied by you)

- Rucksack (55-75 litres)
- Sleeping bag
- Roll-mat or Karimat
- Plate, knife, fork, spoon, mug(plastic)
- Water bottle(1-2 litres)
- Hiking Boots (not trainers)
- Waterproof jacket or coat
- Waterproof leggings or gaiters
- Hand torch or headlight torch(incl. Spare batteries)
- Uniform top and scarf(to wear on arrival)
- Adequate underwear
- T-Shirts, shirt or similar
- Long trousers(not jeans)
- Warm jumper, fleece or sweatshirt
- Hat
- Wash kit & small towel
- T-Towel
- Antibacterial wipes
- Toilet roll(may be useful)
- Emergency snacks(eg. Nuts, Chocolate)
- Bin Liner

Team Kit (Supplied by Unit)

- Tentage for 4 people
- 2 x Stove /Gas and matches
- Washing up equipment
- Suitable food for expedition
- Ordnance Survey map of area
- Map case
- Compass
- First Aid kit
- High Visibility vest
- Survival bag

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. At BDU(Army surplus) at Crews Hill you'll receive expert help and advice on already reasonable prices.

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