

Kit list.

Please remember that you get a 10% or more discount with your Dofe Card at Go Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso.

Please check the weather forecast for your expedition.

Parents please remember that your child will be carrying everything, make sure they pack all they need, but they won't need lots of extra "just in case" clothes, beach towels, hair straighteners or make-up.

There are no quantities on this list. Please take into consideration the number of days the expedition is for, ie a 2 day Bronze expedition will require 2 t-shirts, one being worn for the start and a spare in the rucksack. A 5 day Gold will require 5 t-shirts potentially, 1 being worn and 4 in the rucksack.

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Clothing	
Item	Recommendations
Hiking boots	These need to be waterproof and protect the ankle. Wellies, trainers, shoes are not acceptable for hiking.
Walking socks	Use a hiking sock. Trainer socks, ankle socks and everyday socks are not absorbent enough or will slide down increasing the likelihood of blisters. Pack 1 clean pair for each days, if socks are wet/sweaty blisters are more likely.
Waterproof sock liners (optional)	If boots are not very waterproof these can be useful. Look for brands such as Sealskins.
Waterproof coat and trousers	These are essential regardless of the forecast. Please ensure the coat is a proper waterproof, not your child's usual showerproof insulated fashion coat.
Warm jacket	Separate to the waterproof coat. This could be a fleece, soft-shell, down coat, something light and warm.
Jumper/hoody	A lightweight warm layer, ideally not a big heavy cotton hoody, such as a leavers hoody as these are very heavy. Fleece fabric dries quickly and is warmer and lighter than cotton jersey.
T-shirts	Have a clean one for each day. Look for t-shirts with wicking properties purpose made for sporting activities. Ensure the shoulders are covered up to reduce rubbing of rucksack straps. Vest tops and sports bra's don't provide enough protection from sunburn or rucksack strap rub.
Trousers	Jeans are NOT suitable. Leggings, walking trousers preferable to cotton jersey joggers. Cotton jersey joggers are likely to chafe and are poor at coping with sweat, dry slowly and are heavy.
Shorts	Weather dependant. Please ensure they are of a suitable length, to mid thigh at shortest. This is because short running style shorts cause chafing.
Underwear	Sports bra's will be more comfortable than fashion bra's, but need to be covered with a t-shirt to ensure protection from sunburn and rucksack strap rub. Pack a clean set of underwear per day.
Nightwear	Maybe pack pyjamas. Consider wearing clean leggings/shorts and clean t-shirt to save weight.
Warm hat/sun hat	Both often needed. Warm hat often very useful in camp at night.

Clothing	
Item	Recommendations
Scarf/buff	Optional but useful.
Gloves	Often needed even in mid summer, especially in camp at night.
Sliders/flipflops	Optional for use in camp. Students are not allowed to walk around barefoot or in socks.

Personal kit	
Item	Recommendation
Rucksack	If using your own ensure this is robust and large enough to get everything in with an adjustable frame. We use 60L Vango Sherpa.
Rucksack liner if using own rucksack.	Dry bag to put everything you want to stay dry in, ie sleeping bag and clothes. This can be a big bin bag or a purpose made dry bag.
Sleeping bag	Ensure this is warm, look for a comfort rating of around zero. If the comfort rating is around 10 degree C this is intended for indoor use and your child will be very cold at night. Even in summer we get night temperatures as low as 1 or 2 degree C.
Sleeping bag liner	Optional, but will increase warmth by around 5C
Sleeping mat	Thin foam yoga style mat or lightweight inflatable mat. We can loan you a foam mat.
Inflatable pillow	Optional. Do not bring a standard pillow as these are too large to go in a rucksack.
Torch	Head torch or handheld, spare batteries.
Personal medication/first aid supplies	Remember your own prescription medication. Painkillers if the school policy allows students to have their own. Blister plasters if you know you are prone to blisters.
Waterbottle	Reusable bottle of 2L size or a hydration pack of 2L.
Cutlery	Most meals can be eaten with a spoon. Knife and fork optional. Consider a spork.
Plate/bowl/mug	Bowl and mug more useful. Everything you can eat on a plate can be on a bowl, less likely to spill. Make sure these are non breakable.
Matches	Matches/cigarette lighter. Gas stove lighter. Store in ziplock bag, 1 per group to light your stove.
Wash kit/personal hygiene	Keep to a minimum, many sites we use don't have showers. Use small travel sized items. Make-up is not required. Remember hand sanitiser.
Sunblock	Use a high SPF, small travel sized bottle lighter.
Towel	Optional, can you manage without a shower for 1 night? If bringing use a lightweight travel towel, these are quick to dry and much smaller than a standard towel.
Notebook/pencil	Useful depending on your project. May only need 1 per group

Personal kit	
Item	Recommendation
Washing up kit	1 per group needed, small bottle of washing up liquid and sponge, you need to clean your plates and pans.
Plastic bags	Great for all sorts of reasons, rubbish bags, storing wet dirty clothes, extra protection for sleeping bag. They weigh nothing and are versatile.
Playing cards/small ball	Optional, but worth bringing something to entertain yourself with in the evening. It needs to be light, small and not noisy-no music speakers.
Insect repellent	Often needed in the Lakes, Wales and Scotland. Useful elsewhere.
Sunglasses	Optional