

## **Kit List – Bronze DofE**

Please note all the kit listed is essential (with the exception of optional kit) and kit in bold is minimum safety kit needed for all walks (including evening walks). If any damage or loss of loaned team kit occurs the cost will be deducted from the kit deposit.

Some items are available on loan from school. Participants should inform staff in advance if they wish to borrow kit as numbers are limited. The deposit for any extra kit loaned is included in the original kit deposit.

Individual Kit	Available from Stores	Got it	Packed It
1 Pair of walking boots (broken in and with ankle support)			
2 Pairs of walking socks			
2 pairs of thinner (liner) socks			
2-3 T-shirts (not cotton, thermal if appropriate)			
2 Fleece tops			
2 pairs of walking trousers (no jeans or thick tracksuit bottoms)			
Underwear			
Warm hat and Gloves (if appropriate)			
Sun cream, sun hat and insect repellent (if appropriate)			
<b>Waterproofs - coat and trousers</b>	Yes		
Rucksack (Day sack size approx 50-65lt)	Yes		
Rucksack liner or plastic bags			
Waterproof bag (to put spare clothes in)			
<b>Survival bag (large orange emergency shelter bag)</b>	Yes		
Small quantity of money			
Notebook and Pen			
<b>Watch</b>			
<b>Whistle</b>			
<b>Torch (and spare batteries- in waterproof bag)</b>			
<b>First Aid Kit (see requirements below)</b>			
<b>Emergency Food Rations (wrapped in plastic bag and taped)</b>			
<b>Water Bottle or Hydration Pouch (1-2 lt)</b>			
Cutlery (knife, fork , spoon)			
Plate/Bowl/Mug			
Sleeping Bag (approx 3 season and liner if from sqn)	Yes		
Sleeping Mat (Roll Mat)	Yes		
Personal Wash Kit and Towel			
Spare Shoes (optional e.g. Flip Flops)			
Team Kit	Available from Stores	Got it	Packed It
Toilet Paper (hand sanitiser)			
Food (see food recommendation sheet)			
Plastic Bag (for rubbish etc)			
Stove Wash Kit (small scourer, washing up liquid and towel)			
Matches (waterproof or in waterproof container)			

Optional Kit	Available from Stores	Got it	Packed It
Camera			
Shorts (if appropriate)			
Gaiters			
Sleeping bag liner			

A kit check will take place prior to the start of the expedition and any member of the team without essential kit will not be allowed to continue on the walk. The team kit must be split between the team members with the tent etc.

### **Personal First Aid Kit**

Each participant is required to carry a small personal first. This will be used in case of emergencies to ensure the items used are suitable for the individual participant and will also be useful for personal first aid and foot care.

Most small first aid kits bought from shops will contain most of these items. Check all items are appropriate for any allergies (e.g. allergies to paracetamol etc. )

Item Needed	Got it	Packed It
At least 2 pairs disposable gloves		
Large and small wrapped sterile wound dressings		
Assortment of sterile adhesive dressings (E.g. Melolin square)		
Triangular bandage		
Individually wrapped antiseptic wipes		
Crepe bandages		
Large safety pins		
Small pair of safety/medical scissors		
Tweezers		
Assorted adhesive plasters		
Medical adhesive tape (e.g. Zinc Oxide)		
Blister plasters		
Burns dressing		
Eye Wash		
Individual personal medication, painkillers, antiseptic cream, antihistamines etc.		

### **Expedition and Walking Food Suggestions**

On an expedition, participants provide their own food for breakfast, lunch and the campsite meal in the evening, as well as all-day snacking. On evening walks a minimum of snacking foods should be taken. Water is provided at the campsite for expeditions and you will be offered a water-bottle top-up usually in the middle of the day.

**During the expedition, you should aim to consume between 3000 and 4000 calories per day, which is much more than usual.**

The basic rules are....

- Foods should be packed in meal-sized quantities.
- NO FOOD WHICH NEEDS TO BE KEPT IN THE FRIDGE
- NO GLASS

- **AVOID LARGE TINS (which are heavy to carry)**
- **ONLY BRING THE EXACT FOODS THAT YOU NEED FOR EACH MEAL**

### **Breakfast**

This should provide around 20% of your day's calorie requirement. Here are just some ideas....

- Using a bowl (the same as you use for breakfast) to measure the correct amount of cereal/muesli you want, add some dried powdered milk (about 2 level tablespoons) add sugar if required and empty the ingredients into a food bag and seal the top. At the camp just pour the ingredients into a bowl, add about 8 fl oz of water and stir.
- Porridge ("Flahavans Quick Oats" from Tesco) or Oat So Simple tastes really good with drinking chocolate sachet & hot water or add dried fruit.
- Pitta bread / tortilla wraps with cheese, chocolate spread or banana.....
- Malt loaf and other fruited breads...

### **Lunch**

This should provide around 30% of your day's calorie requirement. We recommend that you bring a packed lunch on your first day. Then on the other day(s):

- Pitta bread /tortilla wraps with cheese or banana or tuna in a sachet or peanut butter .....
- Ready-to-eat meals with crackers or oat cakes.....
- Instant noodles, couscous meals or a cup a soup. The water can be boiled in the morning and put in a flask to save you getting out your stove at lunch time.
- Cold Pasta and sauce cooked the night before at camp.
- Nuts, raisins, chocolate, breakfast bars etc.

### **Campsite Evening Meal**

This should provide 50% of your day's calorie requirement.

This meal must be cooked as part of your assessment. Here are just some ideas....

### **MAIN MEAL**

- Dried pasta meals, rice meals, perhaps add frankfurters or sliced pepperoni sausage...
- Pasta & pasta sauces, curry boil in the bag and then just add rice & fresh or dried vegetables. When buying rice or pasta for your expedition check the cooking time on the back of the packet. Quick cook rice in sachets & the 3 minute pastas are the most economical when camping.

### **Puddings or Desserts**

Here are just some ideas....

- The easiest pudding to take on an expedition is the instant mix type. Birds Instant custard or Birds Semolina. Other makes available just add boiling water to the mix and stir. Simple and filling.
- Cake bars and custard...
- Fruit....
- Chocolate Pudding or Treacle Pudding

### **All Day "GRAZING" Snacks**

Expedition Snack foods to eat while walking

Snacks are good while doing the expedition, they help to keep energy levels high, especially when you are carrying a heavy pack over rough terrain. Trail mixes containing nuts, raisins and dried fruits provide a quick energy boost.

Don't forget to drink plenty of water, if you become dehydrated this will make you feel tired. You should normally drink 1½ liters of water a day but when walking you should drink more.

- Chocolate bars are a good source of energy
- Tracker bars or muesli type bars are good
- Nuts and dried fruits are also a good source of energy
- Trail mixes containing nuts, raisins & dried fruits provide a quick energy boost.
- Fruit.

### **And finally, what about a BED-TIME DRINK?**

Drinking chocolate sachets to be made with hot water.