

# Duke of Edinburgh Expedition - Participant Equipment List



**Name:**

**DofE Card** – Found in your DofE Welcome Pack - Saves at least 10% with your DofE Card at 5 DofE Recommended  
Retailers: Go Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso

<u>Items Required</u>	<u>Notes</u>	<u>Got it?</u>	<u>Packed it?</u>
Pair of Walking Boots	Waterproof with Ankle Support		
Walking Socks			
Waterproof Jacket	With a Hood		
Waterproof Trousers			
Fleece Tops			
T-Shirts	Not cotton		
Walking Trousers	No Jeans		
Underwear			
Nightwear			
Alternative Footwear	Flip flops/Trainers for around Camp		
Hat	Sunhat or Wooly Hat?		
Gloves			

**Clothing** – (Suitable for number of days on expedition)

**Personal Equipment**

<u>Items Required</u>	<u>Notes</u>	<u>Got it?</u>	<u>Packed it?</u>
Rucksack	55 – 75 litres		
Rucksack Liner	Dry Bags/Bin Bags		
Sleeping Bag	In a waterproof bag		
Sleeping mat			
Whistle			
Torch	Head torch if possible		
Personal First Aid Kit	Including any personal medication		
Food			
Water Bottle	1 or several, able to carry 2 litres of water		
Cutlery	Do you need Knife, Fork and Spoon?		
Plate or Bowl	One of - not both		
Mug			
Matches/ Long Lighter	Matches in a box/plastic bag to keep them waterproof		
Wash Kit	Travel sized toothpaste/deodorant etc.		
Toilet Paper	Small amount		
Sun Cream/Sun Glasses			

**Team Equipment**

<u>Items Required</u>	<u>Who's Bringing?</u>	<u>Got it?</u>	<u>Packed it?</u>
Tent	Provided by H5		
Camping Stove + Fuel	Provided by H5		
Cooking Pans	Provided by H5		
Map	Provided by H5		
Compass	Provided by H5		
Washing up liquid			
Tea Towel			
Plastic Bags (For rubbish)			
Equipment for Expedition Aim	Camera/Pens/Paper etc.		

**Notes:**