

The Big One!

CAMPING EQUIPMENT

Sleeping Bag (in bin-liner/s)

Sleeping mat

Survival bag (Gold)

Knife, Fork, Spoon, Mug, Bowl

WALKING GEAR

Walking boots – wear them

Rucksack

Waterproof jacket

Waterproof over-trousers

Gaiters (opt Gold)

Thick socks 2 / thin socks 2

Fleece / warm jumper

Trousers 1 spare/ leggings (*not* jeans)

Shorts (opt summer)

Spare warm layer: shirt / thin jumper 1

T shirts 2

Underwear

Thermals (optional winter hikes)

Crocs / flip-flops for camp

Hat and Gloves

Sunhat & sun cream (summer)

GENERAL

Maps (1 each on Gold training; 1 between 2 on all other expeds)

Map case

Water bottle

Water purification tablets (Gold only)

Compass: Silva type – long base plate

Whistle

Mobile phone (charged, in a bag)

Toiletries: half a soap, toilet paper, toothbrush / paste (near empty tube),

Towel (small & thin)

Watch

Torch

Small First Aid Kit: *plasters, scissors, bandage & tape, antiseptic cream, blister plasters, lip salve, insect repellent / antishan, tweezers, foot powder / talc.*

Medicine (e.g. inhaler, epipen etc)

Trowel (Gold only)

Camera

Pocket money

Expedition Safety card (issued)

GROUP KIT

Share these out...

Tent (split up flysheet, inner, pegs & poles)

Stove & gas (share 1 per tent)

Matches – several boxes

Wash up cloth (1 per group)

Tea towel (1 per group)

A few bin liners per group

Can opener / pen knife

FOOD

Eat one big cooked meal per day.

Plan as a group; buy ALL in advance & cook together.

Eat anything but plenty of it!

Breakfast ideas:

Muesli, raisins, porridge, cereals

Tea, coffee, sugar, powdered milk, hot chocolate

Dinner ideas:

Pasta & sauce

Boil-in-the-bag meals: e.g. www.be-well.co.uk or similar from Millets, Blacks, Cotswold etc.

Packet soups, stews, rice, cereals, and desserts.

Lunch ideas:

Biscuits / sweets, chocolate, nuts and raisins, dried fruit, cereal bars, energy bars, apples, jelly, dextrose.

Tins mackerel, tuna and salmon.

Pitta breads: lasts longer & squashes less than bread.

Check for any allergies in your group before buying food like nuts.

NOTES:

NO mallets! NO jeans!

Throw it out unless ESSENTIAL for shelter, water, food or navigation.

Wrap everything in plastic bags

[Useful online tips](#)

[DofE official kit list](#)