

RGS DofE Expedition KIT LIST		NAME:	GROUP NUMBER:
Got it	Packed	Clothing	advice and examples
		Walking boots	Proper hiking boots. NOT trainers, fell shoes.
		Walking socks - 2 pairs	Get decent quality socks. Bridgedale: WoolFusion Trekker
		Thin socks - 2 pairs	try different combos of socks for boot comfort. Bridgedale: Coolmax Liner
		2-3 base layers	avoid cotton. Polyester / polycotton or active wear best.
		Thermal top (optional)	Craghoppers: Vitalise Base T-shirt
		Fleece / warm jumper - 2	Warm layers. NOT cotton hoodies or cotton / shell tracksuit; Craghoppers
		Walking trousers / leggings - 2 pairs	NOT jeans or cotton track suits. Polycotton mix is OK. Try Craghoppers: Traverse/Terrain Trousers
		Underwear	
		Nightwear	shorts / t-shirt - double up with day wear?
		Flip-flops / crocs	for wearing round camp; no need for trainers as well; wear boots
		Warm hat / beanie	warm hat compulsory on Gold expeditions.
		Gloves - 1 pair	
		Shorts - 1 pair	
		Sun hat / suncream	sun hat compulsory for all expeditions; share sun cream between you.
		Waterproof over-trousers	robust but not tight fitting; check you can get them on over your boots. Partly zipped overtrousers are useful. Craghoppers
		Waterproof jacket	Hood, pockets with storm flaps, zip. Taped seams. Check you can get warm layers underneath. Must be waterproof & windproof.
		Gaiters	optional
Got it	Packed	Personal Kit	
		Rucksack	65 - 70 litres; Vango: Contour, Sherpa, Nanga rucksacks
		Rucksack liner	Lifeventure: DriStore Roll Top Bags or large rubble sacks
		Sleeping bag	3-4 season; pack in stuff bag then dry bag. MUST stay dry.
		Sleeping mat	wrap in bin liner or dry bag.
		Dry bags* for sleeping bag, clothing and kit	Compulsory for Gold. Lifeventure: DriStore Waterproof bags - various sizes. Bin liners and plastic bags only OK for bronze and silver.
		Survival bag	Big orange survival bag for Gold expeditions only.
		Whistle	
		Torch	small and light weight; head torch or hand held
		First aid kit (personal)	Small personal kit includes plasters, antiseptic etc.
		Personal trail snacks	Personal nibbles for the expedition: see food advice lists.
		Water bottle	1-2 litres
		Knife, fork, spoon/spork	
		Plate/bowl	
		Mug	
		Wash kit and medication	Toileteries + Don't forget inhaler, epipen etc.
		Towel	Small! Light weight! Lifeventure: Soft Fibre Lite towel
		Pocket money	stowed in waterproof bag
		RGS Emergency card	with pencil; in plastic bag
		Notebook	pen and pencil
		Wrist Watch	for navigation purposes: timing over distance
		Mobile phone	in waterproof bag

Got it	Packed	Group Kit	discuss and share this out fairly and carry between the team
		Tent OUTER and INNER	often gets heavier as wet during expedition; 2-3 person, NOT 4 person or above. Vango
		Tent POLES and PEGS	stays same weight throughout expedition
		Camping stove	1 stove per tent.
		Gas	1 per tent
		Matches / lighters (in dry bag)	Lifesystems: Windproof matches not necessary; just get ordinary matches but keep dry bag!
		Cooking pans	Included with Trangia stoves
		Scourers	tiny amount of wash up liquid
		Tea towel (optional)	
		Food (lightweight, including snacks)	3000+ calories per day; 1kg approx per day each. Make a separate food list, menu and sort who is buying what; see separate food advice
		Water purifying tablets	Gold expeditions only. Lifesystems: Chlorine Dioxide tablets
		Large freezer bags: tie handle	to carry out rubbish and waste food : LEAVE NO TRACE
		Toilet paper	
		Maps	covered / waterproof and in map case: 1 set each
		Route card	covered and in map case: 1 set per group
		Compass	Silva: Classic, Field, Ranger, Expedition 4 compass.
		Map cases	Silva: Carry Dry Map Cases – A4, M30 and Large.
		Tick remover	Lifesystems: Tick remover
Got it	Packed	Additional kit	
		Camera (optional)	
		Tissues	no! creates litter.
		Sunglasses	
		Insect repellent / midge head net	MUST take on Gold
		Waterproofing products for boots waterproof jackets, tent etc	Before you go: treat kit to a clean and waterproofing with : Nikwax: Tech Wash 100ml pouch/300ml bottle, Footwear cleaning gel 125ml
		String	
		Spare boot laces	
		Tin opener / pen knife*	NO knives permitted at all on Bronze and Silver. Pen knife (swiss army type) allowed on Gold only.
		Mobile phone charger	plus waterproof bag for phone
		Trowel - small lightweight	Gold expeditions only for burying your poo
		walking poles	optional

notes: