

# RCT Duke of Edinburgh Expedition Kit List

This is a minimal kit list, please see the D of E website for the extensive DofE recommended kit list.

## Personal

- Clothes to wear on expedition including a fleece or hoodie (no jeans/ jeggings)
- Walking boots (must have ankle support)
- Waterproof coat and trousers (essential no matter the weather forecast)
- 1 complete change of clothes
  - Undies/walking socks
  - T-shirt/long trousers/(if necessary shorts as an extra)
  - Fleece/warm long sleeved top
- 2 – 3 season minimum sleeping bag (preferably in a stuff sack)
- Roll mat/Insulated mat/thermorest
- Bin bags to keep things dry (you can never have too many)
- 65 litre Rucksack
- Water bottles/hydration system (must carry minimum 2 litres)
- Food including snacks (emergency rations to be labelled and packed separately)
- Torch with fresh batteries
- Personal First aid kit (must have minimum personal medication, pain relief, blister plasters)

## Shared

- Tent
- 2 watches per group
- Trangia & Meths (including carrying bottle)/Gas fuel for the stove (not provided)
- Matches (waterproof) or lighter
- 2 maps per group
- Compass (personal issue)
- Group First Aid Kit (more comprehensive kit including bandages, sling, scissors, pins)
- Washing up cloths/sponge, liquid and towel
- Emergency mobile, fully charged (provided by the school)

## Other

- Hand sanitiser/wipes
- Sanitary towels/nappy sacks
- Woolly hat/Gloves
- Sunhat/sunglasses
- Sun cream/mosquito repellent/talcum powder for feet
- Toiletries/towel
- Mug/Bowl/Plate/Cutlery