

Equipment List

Duke of Edinburgh BRONZE

Below is a list of clothing and utensils that you might find useful to pack. Some of the kit you may be/can share in your group – toothpaste, notebook and pencil, whistle, mobile phone (MAX one in the group and you WON'T be able to charge it during the expedition!). YOU will need to organise matches for your group.

Personal kit list that you must provide yourselves

Walking Socks	
T-Shirts	
Walking Trousers	
Underwear	
Pair of Gloves	
Warm Hat	
Sun Hat	
Sun Cream	
Personal Medication & Small First Aid Kit	
Watch	
Whistle	
Torch	
Spare Batteries for torch	
Spare Bulb for torch	
Notebook and Pen/Pencil	
Mobile Phone (fully charged but switched off)	
Water Bottle	
Food	
Emergency Food Rations	
Cutlery and Mug	
Lighter	
Small Wash Kit	
Towel	
Small amount of money for emergencies	
Strong Plastic Bags / Bin Liners (to line rucksack)	
Pair of Gaiters (optional)	
Trainers/Flip-Flops (optional)	

KIT that must be shared between the members of your group:

Group kit that participants should provide themselves

1x Tea Towel	
1x Washing-Up Liquid	
1x Pan Scourer / J-Cloths	
Plastic Bags (for rubbish)	
1x Camera (photos for report/presentation)	

