



## PARENTS & PARTICIPANTS GUIDE TO THE **EXPEDITION** SECTION



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# 01 Kit List

ESSENTIAL Personal Equipment - EVERYONE IN THE GROUP NEEDS THE FOLLOWING:		Have	Packed for Training Exped	Packed for Assessment Exped
Rucksack 65 litres	Must be fitted to correct back length No larger than 65L (you will just fill the space!)			
Sleeping Bag	2-3 Season Sleeping Bag (a liner could be used to improve warmth)			
Sleeping Mat				
Walking Boots	Over ankle (i.e. NOT shoes), must be worn in			
Waterproof Jacket	Ideally breathable/mesh-lined with taped seams			
Waterproof Trousers	Ideally with a zip to at least the knee to allow going over boots (ideal requirement but not essential)			
Warm Hat & Gloves				
Sunhat				
2 x fleeces /long-sleeve tops	Synthetic & Quick Drying			
2 x T-shirts	Quick-drying / Synthetic fabrics are best / No sleeveless tops			
2 x Trousers / Leggings	No jeans, cords or shorts			
2 x Walking Socks	GOOD WALKING SOCKS ARE ESSENTIAL Merino Wool &/or looped pile are most comfortable			
2 x Underwear (Minimum)				
Flip-flops / Crocs / Sliders	To give your feet a rest in the evening You WILL NOT be permitted to walk around the campsite barefoot at any time			
Head Torch				
Compass	Silva-Field 10 / Ranger 3 / Recta are best (don't get a military style one)			
Map Case	Ortlieb/Sealine/Sea to Summit or similar flexible plastic (A4 or A3, ideally clear on both sides)			
Survival Bag	We will provide this			
Water Bottle/s (Minimum 2 Litres)	Aluminium bottles/Plastic bottles / Hydration packs are okay (but a small bottle might be useful for cooking) Please NO single-use bottles, they split too easily			
Spoon/Spork	Plastic is ideal. You do not need a knife and fork too.			
Mug	Plastic is lightest			
Personal Wash Kit	Toothbrush / Toothpaste / Flannel / Tiny Towel / Comb / Deodorant			
Personal First Aid Kit	Personal medication, pain killers, blister plasters			
Food	Pack each meal in a separate plastic bag and label (day 1/2 breakfast/lunch/dinner etc.)			
Emergency Rations	Seal in plastics bag - 1 lightweight meal, snack & hot drink			

Wear one set of clothes and pack the other set in a thick/strong waterproof bag

ESSENTIAL Group Equipment - Need at least one or two of each of the following between your group		Group Member(s) taking this item	Have	Packed for Training Exped	Packed for Assessment Exped
Whistle	Often built into the straps on rucksacks				
Camera	Lightweight, inexpensive / Disposable is ideal				
Wristwatch	Minimum of 2 per group / No smart watches with GPS				
Small Notebook & Pencil	In a plastic bag to waterproof it				
Lighter / Matches	Minimum of 2 lighters/boxes of matches per group. Ensure you are happy to use whatever you bring (i.e. don't bring a lighter if you are not comfortable to use it). Waterproof in a plastic bag				
Suncream	Factor 30+				
2 x J-cloths					
Washing-up Kit	T-towel / Pan Scrub / Tiny Washing-up liquid				
Bin liners	3 or 4 at least				
Mobile Phone	1 - 2 per group, fully charged. They will be turned off and sealed up. You can borrow a school phone if preferred.				

POSSIBLE EXTRA Equipment	Have	Packed for Training Exped	Packed for Assessment Exped
Thermal Underwear	If you feel the cold		
Walking Poles			
Gaiters			

You will be provided with a tent, stove & gas, rucksack cover and a survival bag.

Decide as a group who will take which items, you will need a couple of each as a whole group.

Consider balancing out weight and volume i.e. some people may be happy to carry a heavier item, if it takes up less room in their rucksack.

## DON'T FORGET

**This kit list is NOT OPTIONAL.** All the equipment on this list MUST be inside your rucksack if you want to come away on your Duke of Edinburgh expedition.

The list has been put together from experience and, regardless of what you *think* you may or may not use, or what the weather forecast says, things can change very quickly and we need you to be prepared.

If you have any problems sourcing any of the required equipment, please don't hesitate to contact Mr Michie (michiej@wh-at.net) to look at the possibility of borrowing equipment from the DofE Kit Store.

Other good options for getting all equipment ready for expeditions include:

- Asking around **friends, family and neighbours** to see if they have anything you can **borrow**.
- Second-hand shops or **Facebook Marketplace** often have DofE equipment for sale which has only ever had one or two uses.
- If you have to buy anything, don't forget to use your **DofE Discounts Card** (enclosed in your Welcome Pack) for at least 10% off at outdoor retailers including GoOutdoors, Blacks, Millets, Mountain Warehouse, Trespass and Cotswold.

# 02 Rucksacks

You will be living out of your rucksack for the course of your expedition and the right rucksack could make all the difference to your expedition. A comfortable rucksack, that matches your height and frame, and with proper padding will allow you to carry more weight without even noticing it (hopefully!)



Never try a rucksack for size without any weight in, it will not be the same.

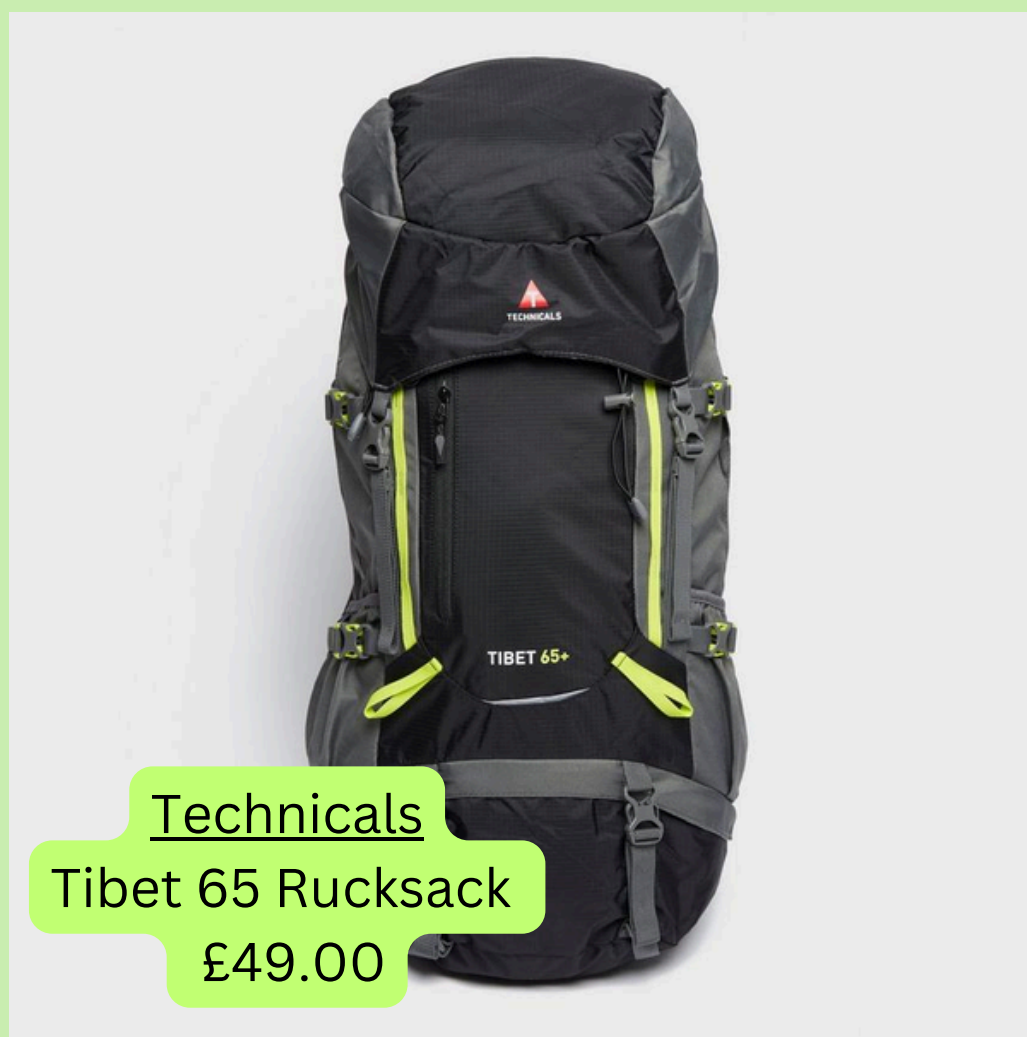
Grab a couple of sleeping bags or a tent from a shelf in the shop and put it into the rucksack to get a more accurate feel for the rucksack.

## Recommendations:

- Rucksacks with an **adjustable back/frame** will allow for the rucksack to be fitted to your back length.
- Choose a **65 litre rucksack**, this will be plenty big enough right through from Bronze upto Gold level. If you choose a bigger rucksack you will only end up filling it with things you don't need.
- Look at how much padding the rucksack has, especially around the shoulders and the hip belt. You need the hip belt and padding to sit comfortably on the top of your hips/around your waist, as this is where you should take most of the weight.
- Women's rucksacks are often designed to pull in tighter around the hip belt so these might be better suited to your frame.



**Eurohike**  
Nepal 65 Rucksack  
£25.00



**Technicals**  
Tibet 65 Rucksack  
£49.00



**Endurance**  
Ridge 65l (Slimjim)  
£52.00

Lots of padding and ideal for small frames

# Walking Boots



Try wearing your walking boots if you take your dog out for a walk or pop to the shops to begin wearing your boots in.

Your walking boots and socks will make the one of the biggest differences on your overall enjoyment of the expeditions, so it is important to get the right type to suit you and that you wear them in well in advance.

This means you should be looking to buy your boots a couple of months before your first expedition or checking existing boots are still fit for purpose.

## Recommendations:

- Boots **must be over the ankle**, not shoes
- When going to buy new boots, try going later in the day or after exercise when your feet are hotter and may swell (over the course of the day our feet can grown by up to one shoe size), this will be more accurate of a walking day.
- Try new boots with the walking socks you intend to wear on your expedition.
- Leather boots will be more sturdy, but are generally more expensive and take longer to wear in. Regardless, **all boots should be worn in before expeditions.**
- Boots where the insoles can be removed are easier to care for and dry-out as these can be removed to dry separately after a day walking.
- Boots where the tongue is sewn in fully tend to be more waterproof.



**HiTech**

Men/Women's Aysgarth III Mid Waterproof Walking Boots  
£59.00



**HiTech**

Eurotrek Lite Waterproof Walking Boots  
£70.00


# 03 Sleeping Bags

It can get cold at night on DofE Expeditions (no matter the time of year) so getting a warm sleeping bag is essential.

**Recommendations:**

- **2-3 season minimum** (Sleeping bags thermal properties can deteriorate over time so maybe think about the age of your sleeping bag and whether it will be as warm as stated).
- **Synthetic is best** (will be warmest even if damp).
- **Sleeping bag liners** can be used to add an extra season to a sleeping bag and also help keep your bag clean.



 To save space in your rucksack, choose a sleeping bag with compression straps on the bag.

Also remember, you don't need to bring pyjamas (you can wear your clean set of clothes).




## Sleeping Mats

Whether you have a foam roll mat or self-inflating mat is up to you.

- Foam mats are generally cheaper, lighter-weight and warmer.
- Self-inflating mats can sometimes be more comfortable though. You will need blow them up though (they are not entirely self-inflating).

Roll mats are the **ONLY** item of kit allowed on the outside of your bag. They will need to be fully waterproofed in a rubble sack/rucksack liner/survival bag etc.



 You don't need to carry a pillow with you (often too bulky), just place your clothes for the next day in a dry bag, or wrap them up in your jumper and you'll have a ready made pillow ... plus your clothes will be warmer to put on in the morning.

**Sleep Equipment Checklist**

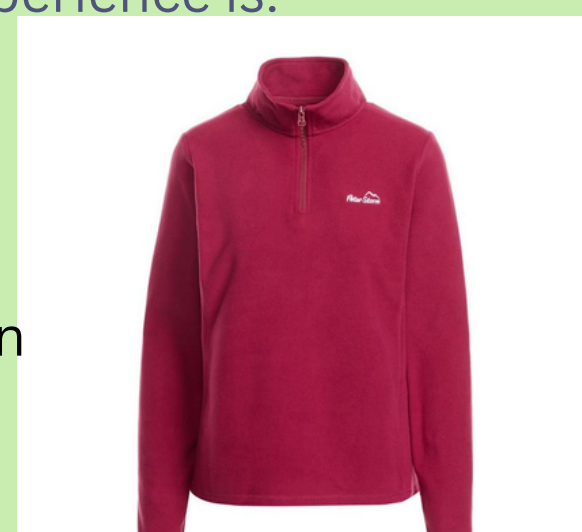
- Sleeping Bag
- Sleeping Bag Liner (Optional)
- Roll Mat

# 04 Clothing

The clothes you wear on DofE expeditions might not be fashionable or the most trendy but they can have a big effect on how easy and enjoyable the whole experience is.

## Fleeces

Ideally **synthetic, lightweight**, small fleeces which will be quick-drying (generally hoodies although warm when dry, will be more bulky and will become heavy and take a long time to dry if they get wet). Having lots of thin layers to put on and take off makes it much easier to regulate your body temperature both whilst out walking and on camp.



Mountain Warehouse / Peter Storm/Regatta

Half-Zip Fleece  
£10.00 - £15.00

## T-shirts

Ideally synthetic, breathable fabrics. Long sleeve are ideal to cover up from the sun, but short sleeve are acceptable too if preferred. Please NO sleeveless tops, as these will allow the straps on your rucksack to rub your shoulders.



Mountain Warehouse / Peter Storm / Dare 2B

Active / Technical T-shirt  
£8.00 - £15.00

## Trousers

**Leggings** or **walking trousers** are most suitable for DofE expeditions. These are lightweight and are often designed for walking so are more comfortable around the hips/waist when your rucksack waist band is on and pockets are still accessible. Tracksuit bottoms are okay, but can take up quite a lot of space in your rucksack and will be heavy if they get wet. Shorts CANNOT be worn (only on camp) due to the locations (e.g. long grass) that we tend to walk in.



Peter Storm  
Nebraska / Ramble Trousers  
£20.00 - £25.00

## Sunhat, Warm Hat & Gloves

It can get very chilly in the night and early mornings, regardless of the time of year or what the weather forecast says. Therefore, a **warm hat and some gloves** ARE NECESSARY, do not leave these out thinking you do not need them, you'll only end up cold and with one of our very silly hats to wear out of the kit store!

Likewise, the sun can come out at any point so don't forget a **sunhat** or, even better, a **bucket hat** or sunhat with neck-flap to keep the sun off your face and neck as you walk.

## Walking Socks

- These are one of the most important bits of kit and if one of the best things to spend just a little bit more money on if possible.
- **Merino wool socks** will not hold any odours and will allow your feet to breathe.
- **Looped pile** reduces friction on the soles of your feet and will help to stop blisters whilst walking.

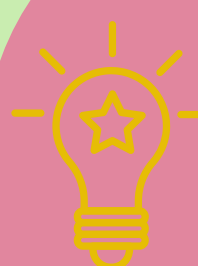
You can rewear the same pair of socks over multiple days, but you may prefer to bring a pair for every walking day. Extra pairs will give you a dry pair for each day and can be used for other purposes, such as making your hot water bottle (with a metal bottle) or as extra padding on your rucksack.

## Underwear

- **Bamboo underwear** is generally most comfortable for walking.
- Boys, you might prefer longer underwear when walking to reduce chafing.
- Girls often choose to wear sports bras/halter neck bras which tend to rub less against rucksack straps.

## Clothing Checklist

- Fleeces (x2)
- T-Shirts (x2)
- Trousers (x2)
- Sunhat
- Warm Hat & Gloves
- Socks & Underwear



Don't bring anything additional to the kit list, it's not necessary. Even Silvers and Golds don't carry extra clothes to at Bronze level (one set for walking and one spare set for if you get wet or at bedtime).

You're all in the same position, it doesn't matter if you are a bit dirty, and if you bring extra, you'll only have to carry it!

## DON'T FORGET

Wear one set of clothes and pack the second set in a thick, strong waterproof bag.

# 05 Keeping everything dry



Mountain Warehouse  
Spray Waterproof Trousers  
£22.50

Peter Storm  
Cyclone Jacket  
£25.00

## Waterproof Trousers

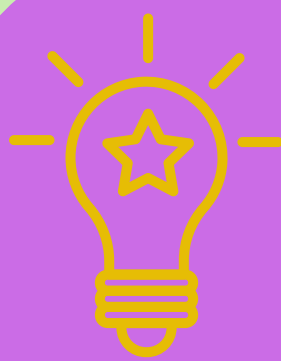
Waterproof trousers with a mesh lining are best, as this adds a little more breathability to the materials. Not all waterproofs have this lining (particularly pack-it versions).

Zips up the leg (e.g. over ankle/up to knee/all the way up) make it easier to get trousers on over walking boots without getting caught in the mesh lining or making the inside of the trousers muddy.

Waterproof Jacket  
Please check that the coat you bring with you on expedition IS waterproof and not just 'showerproof' or you could be in for a wet weekend! Down jackets and showerproof coats tend to be warm, when dry, but in the rain they will not stop you from getting wet.

Recommendations for choosing a waterproof jacket:

- Lightweight
- Slightly over-sized (in length and sleeves) to keep you covered up better (i.e. more overlap between jacket and waterproof trousers).
- Hood - with a peak is best to keep the rain off your face and out of your eyes.
- Mesh lining for breathability .
- Taped seams and minimal pockets to ensure it is waterproof.



Pack your waterproof trousers with a **single use plastic bag**. You can put your boot in this, to more easily slide your shoe through your waterproof trousers whilst out walking, without the need to take your boot off or make the inside of your trousers muddy.

## Dry bags

Purpose bought dry bags aren't necessary, they are a nice to have, but **WATERPROOFING ALL YOUR STUFF IS NECESSARY**. Rucksacks ARE NOT WATERPROOF and despite your rucksack cover, you must ensure everything inside is well protected in case it rains, or alternatively in case your water bottle or food leaks in your rucksack and you still want a dry sleeping bag; this means you should aim to have different bags for each of your things i.e. food in one bag, clothes in another bag, sleeping bag in another separate bag (NB. the bag your sleeping bag comes in IS NOT WATERPROOF, it needs to go into another waterproof bag if you want a dry bag to sleep in) - separate bags also makes it easier to find the things you want in your rucksack.

## Advantages to dry bags:

- Dry bags can be a great way to find your stuff in your rucksacks, they are generally available in lots of different colours so you can easily see which bag has the thing you need in, inside your rucksack.
- More air can be squeezed out of dry bags, rather than plastic bags, giving you more space to fit things into your rucksack. (However, avoid very thick dry bags designed for water sports as these can have the opposite effect and be a harder materials to squash down in your pack).
- Range of sizes to suit purpose (e.g. larger one for sleeping bag and smaller options for clothes, food etc.)
- Dry bags make a great pillow at night time, by filling them up with air and closing the seal tightly.

If you don't have dry bags you can use bin bags, or preferably thick, sturdy rubble sacks to put all stuff in. Smaller items can also be waterproofed in zip-lock sandwich bags.



Karrimor  
Dry Bags (@Sports Direct)  
£4.50 - £12.00 (2 litres - 70 litres)

## Map Case

You will all be expected to be looking at your map regularly so you will need a map case to keep in clean and dry, so you can always follow where you are going.

**A4 or A3 map cases** are available depending on your preference and/or budget (you will be using A3 maps, so an A3 map case will avoid you having to do any origami to fit them in, but the choice is yours!). Map cases are available with one or two clear sides - try find one which is **clear on both sides**, so that you can view your maps and route cards at the same time.



**Tie the strap of your map case onto your rucksack** (instead of it hanging round your neck). You'll be able to use the map more easily and it will save you strangling yourself on the strap if it is windy!

# 06 Food ideas

## Considerations when choosing food

- Aiming for **3,000 - 5,00 calories a day** (you might not usually eat lots, but you will need the energy and to replenish the calories you have burnt each day walking for 5 hours or more with a large rucksack on your back).
- Aim to have a mix of foods which are predominately **slow energy release foods**, don't be tempted to pack too many sugar rich foods (but a little treat is good too!)
- **Weight** - tins and wet food may taste nicer, but is often heavier. You should be looking at having **roughly 1kg of food per day**.
  - Ensure you **choose foods you like** and which you look forward to after a day of walking
- **How quick and easy things are to make** - you might not feel like cooking for a long time after a long day, pasta, rice or boil in the bag meals are all lightweight, quick and easy to make and won't require too much scrubbing of the pans afterwards.
- **How long will things last** - you will not have a fridge and it could get warm. Some things may be okay for the first day, but not in the following days. Things might also squash in your rucksack, try choosing things which aren't so easily crushed or which are already flat (like pittas or pancakes).



Be organised - pack your food into separate (Ziplock) bags for each day to waterproof them.

Write on the outside which meal and day it is for. this means you'll only have to pack one day's food near the top and the other can be packed further down.

## Breakfast

(Roughly **20% of daily calorie intake**). Ideally something **warm** (or a warm drink) and something that is quick and easy to make and eat (whilst packing your stuff away for the day ahead).

Ideas:

- **Porridge** Oats (2-3 Packets per person per day)

Try adding **chocolate powder, dried fruit or nuts for more flavour!**

- Brioche / Pain au chocolat / Croissant / Crepes / Cereal Bars (Multiple - 1 will not be enough)
- All day breakfast (in a tin or camping meals)



## Lunch

(Roughly **30% of daily calorie intake**). You WILL NOT be cooking at lunch time so choose foods which do not require heating or can be cooked the night/morning before and put in a tupperware (keep in mind how this will fit into your rucksack).

- **Wraps/Pitta Breads/Flatbreads** (with tuna / **peanut butter** / primula cheese / Babybel / Pepperami / dried meats etc.)
- **Pizza** (you may cook this the night before expedition and then wrap some up in tin foil)
  - John West **tuna** pot
  - Couscous or pasta which you have prepared the evening before or that morning
- As a group, you could each bring a couple of 'picnic snacks' e.g. mini sausages, sausage rolls, pork pies etc. and then share as a group (this will require you to coordinate as a group beforehand).

## Snacks

Snacks include anything which will supplement your calorie intake for the day. They could include:

- Dried fruit and/or nuts (check for allergies in the group first)
- Fruit (apples/ oranges - although can be heavier)
  - Cereal / Protein bars
  - Sweets / Biscuits
  - Crisps



- Mini cucumbers / mini peppers / radishes / tomatoes (can be nice to have something fresher to eat)

## Dinner

(Should provide **at least 50% of your daily calorie intake**).

- **Soup** - this CANNOT be your whole meal, but soup makes a great starter or something to warm to eat as soon as you get into camp to replenish liquids and salts.
- **Pasta / Couscous and sauce** (really easy to cook since it only needs boiling water), you could bulk this meal out and increase calories using cheese strings, sliced pepperoni sausage or frankfurters). Buy sauce in sachets or plastic tubs, since this will be lighter than a jar.
- **Rice/Noodles and sauce/chilli/curry**
- **Dehydrated meals** (can be lighter but more expensive, ideal for Silver/Gold - check you like them in advance).



Consider whether as a group you are each going to cook separately, or share the weight equally between you and cook your evening meal altogether. This is often lighter and means you can all eat at the same time.

## Desserts

A little something to look forward to throughout the day

- **Flapjacks/Biscuit/Soreen and Custard**
- **Pancakes** (with marshmallows/ chocolate spread etc.)

## Emergency Rations

You will need to carry a small bag of emergency rations, in the event that a day's walking doesn't go to plan and we couldn't get back to camp/home as planned (especially important at Silver/Gold).

Emergency rations should be kept in a separate zip-lock bag to the rest of your food and include:

- 1 x lightweight meal (e.g. handful of pasta or couscous)
- 1 x hot drink sachet
- 1 x snack (high in calories e.g. protein bar / jelly / Kendall mint cake)

## Water Bottles

You will need to drink plenty whilst out walking and **MUST** carry a minimum of 2 litres of water. But what is the best container to use?



Swap water bottles with a friend your group (i.e. they carry your bottle and you carry theirs). This makes it easier to reach your bottle if you want a drink whilst walking (to save multiple stops).

### **Plastic Bottles:**

- + Easy to see how much water left and when you need to ask for a refill.
- + Often have measurements on the bottle, which can be helpful when cooking

DON'T bring disposable/single-use plastic bottles as these can break too easily.

### **Metal Bottles:**

- + Bottle can be used as a hot water bottle in the evening, by filling with hot water and putting into a (clean) sock.

### **Hydration packs:**

- + Often encourage you to drink more water as they are more easily accessible.
  - Not ideal to use with squash, as they cannot be cleaned so easily
  - Harder to know when to refill and more difficult to do so whilst out

If you would like to use a hydration pack, it is best to bring a small bottle too, to ensure you have a little water left if you suddenly realise your hydration pack is empty and also easy to use when cooking in the evening.



With all the activity each day, you will need to be drinking plenty. Flavouring your water might encourage you to drink more.

You should also plan to have a hot drink (tea, coffee, hot chocolate) with both breakfast and your evening meal.



# 07 Packing a rucksack

Lightest & items which you will need access to during the day



Heaviest & equipment to be used on camp only



## DON'T FORGET

Only your roll mat (and water bottles if you have pockets for them) can be kept on the outside of your rucksack. Everything else MUST and WILL FIT inside the rucksack.

### Packing tips:

Remember to leave enough space in your bag for the additional 'group equipment' you will be given during kit check (at Bronze only you will not be required to carry tents or stoves).

- **Pack your kit yourself**, do not rely on someone else! This means you'll know you have everything and you'll be able to find it.
- Check the weight: no more than 16kg when fully loaded, this must include 2 litres of water and 1kg of food per day.
- Ensure you are waterproofing your sleeping bag and at least 1 set of clothes as a priority. After a long day, you'll appreciate having these items bone dry and will guarantee a good night's sleep.
  - Make sure your bag is evenly balanced on both sides
- Adjust the straps correctly to take the weight on the hips rather than the shoulders
- Bring EVERYTHING on the kit list, but nothing extra - you will not need it and it will only make your rucksack heavier and more bulky.
- Don't forget to pack any personal medication and make your instructor and DofE leader aware of any new or ongoing medical conditions.

### ITEMS WHICH WILL BE NEEDED DURING THE DAY.

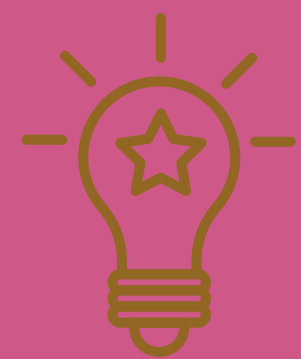
- Lunch, Snacks and Treats
- Warm layers, hats & gloves
  - Waterproofs
  - Water
- Map and compass

### ITEMS WHICH MAY BE NEEDED DURING THE DAY.

- Torch (in case of emergency)
  - First Aid Kit
  - Sun cream

### ITEMS WHICH WILL NOT BE NEEDED DURING THE DAY.

- Tent and Stove
- Spare clothes & toiletries
  - Remaining days' food
  - Sleeping bag



GIRLS - Prepare for periods whilst outdoors by packing a small 'period' bag with:

- Tampons or sanitary towels
- Hand sanitiser & wet wipes
  - Toilet roll
- Nappy /poo bags or a small ziplock bag
- 1 dark coloured and thicker bag (to put the above bag of choice in)
- A spare pair of underwear

### Mobile Phone Policy

DofE operate a no phone policy. All phones will be placed in sealed plastic bags to prevent unnecessary use. They are only to be used in the event of an emergency. Participants found to be using mobiles without good reason will be removed from their DofE expedition group and will be unable to continue. A school phone can be provided for any groups who wish to leave personal mobile phones at home/with their instructor.

Similarly, smart watches with access to the internet/GPS etc. are not allowed on expeditions.