

Packed it	Checked By parent	Need to get	Kit list for.....(name)
			<u>To wear walking:</u>
			Walking boots (broken in)
			Walking socks
			Thermal/wicking/base layer top
			Mid Layer, fleece or similar material. Cotton not advisable
			Outer layer ie Waterproof jacket
			Waterproof trousers – can be loaned from us
			<u>Personal kit to carry</u>
			Rucksack 55-65litre capacity –can be loaned from us
			Rucksack liner or strong bin/rubble sacs
			Sleeping mat
			Sleeping bag
			Survival blanket
			Personal first aid kit to include personal medicines, blister plasters, triangular bandage, crepe bandage, scissors, gauze dressing, pain relief tablets and a copy of your consent form and contact details.
			Water bottle/platypus to carry 1.5-2litres of water
			Compass- DofE recommends Silva preferably The Silva Ranger
			Watch and whistle
			Spare glasses for those who need glasses to map read
			Small notebook and pencil
			Torch preferably a LED headtorch and spare batteries
			Emergency food ration (not to be eaten until the end or in emergency!)
			Cutlery or spork for meal
			Pocket knife/pocket tool
			Plate/bowl and Mug
			Box of matches
			Two or more pairs of walking socks
			Warm Hat and Gloves
			Sunhat and suncream
			Dry clothes to sleep in eg base layer T-shirt and shorts/leggings
			Spare mid layer/fleece
			Underwear
			2 lunches and 2 breakfasts
			2 substantial evening meal, 2 courses
			Snacks
			Plastic rubbish bags
			Wash kit (no showers) tooth brush, hairbrush etc tissues and handgel
			Pack of cards/book/ball for evening activities but no iPods, etc
			Flip flops/crocs for campsite (optional)
			Signed copy of consent form in first aid kit
			<u>Group kit to be carried between the group</u>
			Tent – supplied by DofE Group kit
			Trangia camp stove and gas- supplied by DofE group kit
			Washing up kit eg pan scourer, liquid and tea towel
			Marked map - supplied by DofE group

