



Duke of Edinburgh's Award Kit List

Tick box	Clothing	This is mandatory for everybody
	Adequate footwear	Boots- either leather or Gore-Tex/ Synthetic. Make sure it has a good sole- Vibram and provides ankle support and are broken in.
	Waterproof jacket with a hood	This needs to be windproof and waterproof. Not showerproof- look for taped seams.
	Waterproof Trousers	As above
	T-shirts	This must NOT be cotton. Acceptable examples include ski tops, thin fleece, Helly Hanson or other specialist makes. These are also lightweight.
	Fleece or soft-shell	Not cotton. Primark and Mountain Warehouse sell them. Soft-shell are more expensive but great pieces of kit.
	Trousers	They must be quick drying. NOT jeans! Zip off trousers are worth considering as they can be used as shorts in the right weather.
	Hat and Gloves (inc sun hats)	Ideally fleece or windstopper for a hat. Waterproof gloves make a huge difference if its wind at wet.
	Socks and underwear	We recommend you buy walking socks that are NOT cotton. TOP TIP- Waterproof socks are also extremely good but are quite expensive. Make sure you carry at least one spare pair of socks
Optional		
	Nightwear	Pyjamas or cotton top and bottoms, preferably NOT a onesie as they are bulky and once wet are hard to dry.
	Trainers or Sandals	Optional for use at campsite. We like Crocs as they are lightweight and easy to slip on and off.
	Gaiters	Waterproof and can be either ankle length or mid-calf
	Leggings	Thermal leggings are worth considering as additions to normal trousers rather than as an alternative
Personal Equipment		
We have a few to borrow	Rucksack and liner	65 Litres is a good size for a rucksack. Make sure it is fitted to your back (or can be adjusted) as they come in different lengths. Liner should be a thick plastic (NOT a bin liner), rubble bags are ideal. Rucksack covers are not waterproof.
I have some mats and a sleeping bag	Sleeping bag and mat	A 3 season sleeping bag should be fine. These should be in either a dry bag or a sealed plastic bag (not a bin liner. If your bag gets wet you need to keep your sleeping bag DRY! Sleeping mats can be either foam or inflatable.
	Water bottle	At least 1 litre.
	Watch	A cheap digital one is best, especially if the face lights up. It is very hard to navigate using a watch that has hands.
	Wash kit	Soap (or dry soap), toothbrush, toothpaste, loo roll in a plastic bag. NOTHING ELSE. No makeup or deodorant- its added weight you just don't need!!!
	Torch and whistle	Head torches are best don't forget spare batteries.
	Mug and spoon	Plastic is best, you can buy combined forks and spoons- Spork
	Plastic Bags	Big freezer bags! Dry socks- wet boots solution for camp only!
Optional		



	bowl/plate	If your mug is big enough use that, but think about what you are going to eat and then decide if you need a bowl or plate. You can use the pans in Trangias and boil in the bag foods can be eaten out of the bag.
	Towel	You can buy trek towels, or alternatively bring a normal towel or bring a small flannel or tea towel
	Emergency Equipment	This is mandatory for everybody.
	One COMPLETE change of clothing.	This only to be worn in the tent or in a real emergency. It must be ruthlessly packed to ensure it remains bone DRY!!!!
	Survival bag and Emergency rations	Big orange plastic bag £3, some spare food and drink sachet- hot chocolate is good!
	Pen and Paper	For message writing and making notes about your journey. TOP TIP- waterproof paper notebook £2.50/£3
	Personal First Aid Kit	Personal medication (ibuprofen, inhaler etc.) and blister plasters. Alfresco Adventures provide a group first aid kit.
	money	For emergency use or if need to use a phone.
Provided	Emergency contact details	These will be on the consent letter and should be programmed into phones and written on route cards.
	Group Kit	To be shared amongst the team
Provided	Stove and Fuel	Can be liquid or gas. Trangia stoves are popular as they come with pots as part of them. They need to be big enough for the group and the fuel needs to be stored in a safe container.
Provided	Tent	Can be 1, 2 or 3 person tents. Depending on the make and model of the tent some pitch inner first some pitch outer first and some are integrated. In all cases you need to know how to put them up before you go on expedition and that they have a good ground sheet to keep moisture out/ to a minimum.
	Food	This should be organised as a team. Eat lots! Please see our DofE meal suggestions page.
	Matches and washing up kit	Small bottle of washing up liquid, a green scrubber thing and some plastics bags for rubbish. Matches need to stay DRY!
Provided	Maps	Usually 1:25,000 or 1:50,000. Laminated maps are good otherwise bring a map case as well.
Provided	Compass	Silva compasses are the best on the market.
	Toilet paper	For when there is no toilet!!!
	Mobile phone	For emergencies only!! NOT for texting your mates!
	Optional	
	Map case	Plastic case to keep maps dry- We believe Ortlieb are the best but there are loads of other one out there that do the job.
	Sun cream and aftersun	For the lovely British summer days!!!
	Repair kit	Spare boot laces (check size), pen knife etc.
	sunglasses	Make sure they have UV protection and bring a hard case.
	Insect repellent	Spray on is good, avoid anything stronger than 40% DEET. Smidge is good but expensive.

15% OFF at Cotswold Outdoor instore or online using code AF-ALFADV-C7