

DofE Silver Award

Expedition Equipment Checklist

GROUP EQUIPMENT

(to carry between the team, items marked * may be lent by SJS)

- Tents*
- Stoves (and fuel)*
- Matches (sealed in a dry container) 2 per team
- Soap pads or sponge with abrasive pad
- Washing-up liquid
- Tea towels
- Food (2 breakfast, 3 lunches, 2 evening meal plus snacks)
- Route card(s)*
- Map(s)*
- Compass*
- Plastic bags (for rubbish etc.)
- String
- Bivvy bag* – 1 per 2 or 3 people
- First aid kit* – 2 per team + a few plasters each
- Map cases* (optional)
- Pack of cards/small game (optional)

**MAXIMUM WEIGHT 15 kg or
1/4 of your body weight**

**PLEASE ALSO BRING IN £40
TO COVER COSTS OF BOTH
EXPEDITIONS**

**AND ANY MEDICATION
YOU NEED**

e.g. inhalers or epipen

PERSONAL EQUIPMENT

(to be carried by each individual)

- Boots (broken in) + spare laces
- Socks (2 pairs) } i.e.
- Shirts/T Shirt } one complete
- Sweater/fleece } change of
- Trousers (NOT jeans) } clothing
- Underwear } (in a dry bag)
- Extra warm clothing +hats/gloves (if appropriate)
- Sun hat and sun cream (if appropriate)
- Shorts (if appropriate)
- Waterproof jacket/coat
- Waterproof trousers*
- Large rucksack (55-65 litre Capacity)*
- Strong, large plastic bag (to line rucksack)
- Sleeping bag (in a dry bag)
- Sleeping mat (wrapped)*
- Knife, fork, spoon
- Mug
- Soap, towel + toiletries (small)
- Tooth brush and tooth paste
- Toilet paper
- Watch
- Torch and Spare Bulb and Battery
- Notebook, pen, pencil and sharpener
- Water bottle(s), minimum 1 litre
- Expedition Safety card* – completed!
- Emergency food rations
- Trainers or flip-flops (optional)
- Plate/bowl (optional)
- Small pocket knife (optional)
- Camera (optional)
- Mobile phone (optional, sealed & switched off)
- Newspaper to dry boots (optional)
- Whistle (optional)
- Small sum of money (optional)