

## Duke of Edinburgh Bronze Award

### Suggested Kit List

The following lists are under three headings;

- 1. Personal**, equipment carried by you for your use only.
- 2. Cooking/tent Group**, equipment carried by each cooking group and divided equally amongst the group.
- 3. Walking Group**, equipment carried by each walking group and divided equally amongst the members

#### **Personal**

Walking boots  
Trainers  
Socks  
Underwear  
Shirts  
Jumper  
Walking trousers (not jeans)  
**\*Waterproof jacket and trousers**  
**\*Rucksack 65L**  
Spare bin liners  
Sleeping bag  
**\*Karrimat**  
Small towel  
Toothbrush & paste  
Comb  
Mug, plate, fork, knife, spoon  
Water bottle  
Midge repellent  
Blister plasters (Compeed are the best)  
Personal medicines  
Hat and gloves (Optional)  
Toilet paper  
Torch and batteries

**\*Can be supplied by school**

**\*\*Emergency Rations should include for example, 100gm Kendal Mint Cake, 100g nuts and raisins, 100g chocolate, 50g sweets, 2 mars bars or similar and a sealed box of matches.** Emergency rations should only be opened in the case of a real emergency. . The rations will be checked at the beginning and the end of the expedition, if they are eaten during an emergency free expedition you could fail.

**\*\*\*First Aid Kit will be provided for you and will contain adhesive dressing, meolin square, triangular bandage, antiseptic cream, safety pins, waterproof plasters**

#### **Cooking Group**

**\*Tent**  
**\*Fuel**  
**\*Billies**  
Washing up liquid  
Brillo pads/scourer  
Tea towels  
Matches (in a waterproof container)

#### **Walking Group**

**\*Map**  
**\*Map case**  
**\*Compass**  
Whistle  
**\*\*Emergency rations**  
Coins for phone  
**\*\*\*First aid kit**

All materials for writing and the maps will need to be protected from the rain. Your rucksack should be lined with a heavy duty bin liner, you should also make sure that your sleeping bag is wrapped in another bin liner. Only bring toiletries that you need to remain hygienic and think about reducing weight. Toilet paper should be kept in a plastic bag to keep it dry.

**If you are taking regular medication please let us know**