

D of E EXPEDITION KIT LIST

For any Level of Award, this list is to be used as a GUIDE only! Quantities of some items depends on the level and duration of expedition.

TO WEAR WALKING

- 1x pair Walking Boots (broken in)
- 1x pair Walking Socks
- 1x Thermal top / t-shirt
- 1x T-Shirt (walking or sports shirt ideally)
- 1x Sweater (fleece, hoodie or woollen)
- 1x Walking trousers (warm; NOT jeans)

PERSONAL KIT (TO CARRY)

- 1x Large Rucksack (approximately 65 litre capacity)
- 1x Strong, large plastic bag (eg bin bag), to line your rucksack
- 1x Sleeping mat
- 1x Sleeping bag (in a waterproof bag)
- 1x Sleeping bag inner (optional)
- 1x Survival bag
- 1x Personal First Aid Kit
- 1x Watch
- 1x Whistle
- Maps
- Small quantity of money (optional)
- 1x Notebook & pen/pencil
- 1x Torch & spare battery (e.g. small Maglite or Petzl headtorch)
- 1x Emergency food rations (NOT to be eaten until the end!)
- 1x Water bottle (e.g. Sigg or strong plastic, to hold 1 to 2 litres)
- 1x Knife, fork, spoon
- 1x Pocket Knife (small)
- 1x Plate/bowl
- 1x Mug
- 1x Box of matches or lighter (sealed in a dry container or bag)
- 1x Wash kit (small)
- 1x Towel (small)
- 1x Gaiters/coat (it must be waterproof and windproof)
- 3x pairs Underwear
- 2x pairs Walking socks
- 2x Tee shirts
- 1x Shirt (woollen, cotton or fleece)
- 1x Spare sweater (woollen or fleece)
- 1x Spare walking trousers (NOT jeans)
- 1x pair of trainers (optional)
- 1x Hat (warm)
- 1x pair Gloves (woollen)
- 1x pair Shorts (if appropriate)
- 1x Sunhat & sun cream (if appropriate)
- 1x Thermal long johns (optional)
- 1x pair Gaiters (optional)
- 1x Waterproof overtrousers

GROUP KIT (to carry between the team)

- 1-2x Tents
- 2-3x Stoves (& fuel)
- 2-3x Cooking pots

2x scourers
Maps (1:50 000 / 1:25 000)
1 Compass (Silva type)
Map cases
1x Camera (optional)
1x Pack of cards or alternative evening entertainment (optional)
2x Plastic bags (for rubbish or dirty/wet kit.)

FOOD & DRINK

Here are some suggestions for what to take (or not take) on your expedition:

DAY 1

ALWAYS have a substantial breakfast before you leave in the morning. Cereal (eg porridge), fruit and/or a cooked breakfast will set you up for the hard physical days ahead.

Take a packed lunch - make sure it includes things like sandwiches, as bread is another good source of energy. Don't try to survive on a diet of sugary foods (SWEETS & POP!), as you can end up with a short sugar rush and no lasting energy reserves, plus it's really unhealthy! Make sure anything that can get squashed and make a mess is in a sealed bag or box! Things like fruit (fresh or dried) and nuts are ideal, as they are full of vitamins and energy and are also very light. Ideally take enough water to drink, and a hot flask in case of bad weather. Fizzy drinks are a bad idea – heavy, liable to explode and NOT thirst quenching. Energy drinks do not provide a full and balanced diet on an expedition!

In the evening, it is essential and a requirement to cook and eat a hot meal, but remember you have to carry it all! Dried foods are great – light, easy to cook, filling and full of energy. Make them tastier by using pepper or chilli. Pasta, rice and noodles are good staple foods, but are best mixed with something like sauce, vegetables or beanfeast (soya mince). Packets of super noodles, savoury rice and pasta and sauce are good, especially if you add something to them like vegetables or tuna. Pre-cooked pasta, rice and noodles are a little heavier but quicker to cook/heat through. Instant boil in the bag expedition meals are available from outdoors shops like Go Outdoors or Cotswolds but can be expensive. They do however provide a quick and filling meal and can be quite tasty. Another thing people always forget is instant mashed potato it only takes 3-4 minutes!

If you are organised, you can plan to cook with a friend – one can bring the pasta and one brings the sauce for example.

NO POT NOODLES & OTHER JUNK FOOD PLEASE! They have very little nutritional value.

DAY 2

A good breakfast is again vital. If you want tinned food put it into sealable tupperware pots as tins can dig in and aren't light. Beans or spaghetti make a good start to the day, as does fruit, cereal bars, pain au chocolat and malt loaf.

Lunch is always a challenge on days 2 and 3 (on longer expeditions). For sandwiches use pitta or flat bread so it doesn't get squashed, and a suitable spread like pate, Nutella or cheese. Unless cooked and/or stored properly, avoid meats or anything that can go off, especially in warmer weather. Alternatively a pasta-based meal cooked in the morning can warm you up or be eaten cold later. Keep some fruit and chocolate etc from day 1, as these make a tasty snack on the go.

Bronze candidates have their evening meal at home. If you're doing Silver, an evening meal similar to day 1 is ideal.

DAY 3 (SILVER) – As per Bronze Day 2.

Expedition Drink

Drinking whilst you're out walking is vital. You MUST keep hydrated whether it is hot or cold! Water is the best, cheapest and easiest drink to rehydrate you but you can put some fruit cordial in it if you prefer it flavoured. The best container to take your drink in is a water pouch (eg a platypus) but a large 1 ½ litre plastic bottle (not lots of little ones, as they take up more room) will do. DON'T THROW IT AWAY! All campsites have a taps, so you can fill it up again the following day(s).

A flask of hot drink or soup is always a good way to warm you up! If you want tea or coffee take it in sealed tubs/bags, plus mini sachets and tubs of sugar or dried/long life milk as required.

AGAIN, AVOID FIZZY DRINKS!

THE KEY IS PLANNING – MAKE A 'MENU' FOR EVERY MEAL AND DRINK ON YOUR EXPEDITION SO YOU DON'T CARRY TOO MUCH OR TOO LITTLE!

Keep the weight down on everything you carry - you'd be surprised how heavy a fully loaded rucksack is, and how little room you have for everything!