

## JKHS DofE Silver Expedition Kit List

### To wear whilst walking;

- 1 x pair Walking Boots (broken in) + spare laces
- 1 x pair Walking Socks
- 1 x pair thin socks (optional)
- 1 x Thermal Top or T shirt (Base Layer)
- 1 x Microfleece/Sweater (Mid Layer)
- 1 x Walking Trousers (Warm, NOT jeans)

### Personal Kit (to be carried by each Team Member)

#### Clothing

- 1 x Waterproof & Windproof Jacket (Outer Layer)
- 1 x Waterproof Over-trousers
- 1 x Pair Underwear
- 1 x Spare Pair Walking Socks
- 1 x Spare Thermal Top/T Shirt
- 1 x Spare Microfleece/Sweater
- 1 x Spare Walking Trousers (NOT Jeans)
- 1 x Hat (Warm)
- 1 x Pair of Gloves (Warm)
- 1 X Sunhat
- 1 x Pair of Shorts
- 1 x Pair of Alternative Footwear (Trainers/Crocs) to wear on Campsite

#### Equipment

- 1 x Large Rucksack 65L capacity (some spare available from school)
- 1 x Rucksack Cover (Team Colour) – to be provided by school
- 1 x Rucksack Liner (or 2 x strong plastic bags – Rubble Bags)
- 1 x Sleeping Mat
- 1 x Sleeping Bag
- 1 x Waterproof Bag (Dry Bag) to store Sleeping Bag
- 1 x Personal First Aid kit – to include blister plasters + any personal medication
- 1 x Small Wash Kit
- 1 x Small Towel
- Toilet Paper

## Equipment cont..

- Antibacterial Hand Gel/Sanitizer
- 1 x Wrist Watch
- 1 x Whistle
- 1 x Torch/Headtorch + Spare Batteries
- 1 x Water Bottle (minimum)
- 1 x Knife, Fork & Spoon or Spork
- 1 x Plate, Bowl & Mug
- Food – Meals: Lunch, Dinner, Breakfast, Lunch + Snacks. Dehydrated 'Boil in the Bag' are the best
- Emergency Rations
- Insect Repellent
- Suncream
- Note Pad & Pencil
- Camera (Optional)
- Small quantity of money

## Team Kit to be Carried (Shared across Team)

- 2-3 Tents (Enough to accommodate all team members. Separate sexes) - These will be provided by School
- 2 x Trangias - to be provided by school
- 2 x Bottles of Fuel (Meths) – to be provided by school
- 2 x Long Nosed Lighters (NOT cigarette lighter)
- 2 x Sets of Maps of the Area (Laminated) – to be provided by school
- 2 x Sets of Route Cards
- 2 x Compass – to be provided by school
- 2-3 Survival Bags
- 1 x GPS Tracker – to be provided by school
- 1 x Group First Aid Kit – to be provided by school
- Washing Up Liquid, Scourers & T Towel
- Minimum 6 x Bin Bags (for rubbish)
- 2 x Mobile Phones – to be sealed and only used in an emergency!