

For many young people the Duke of Edinburgh's Award Expedition is not just a brilliant one-off experience, it's the catalyst that leads to an enduring passion for the outdoors. Expeditions will involve physical effort and the potential to experience both the best and worst of the outdoors, from sunshine to rain, beautiful vistas to painful blisters! Long days on foot, sleeping under canvas and being self sufficient inevitably mean you will need a long list of gear. What's more, it can be a daunting task to select the 'right' gear. That's why we suggest durable, comfortable and practical gear that will give you maximum value for money.

KIT Lists

ITEMS	QNTY	✓
Walking boots	1	
Socks	2	
Base layers	2	
Fleece	2	
Trousers	2	
Waterproof jacket	1	
Waterproof trousers	1	
Gaiters	1	
Gloves	1	
Hat	1	
Sun hat	1	
Sun cream	1	
Rucksack	1	
Rucksack liner	1	
Sleeping mat	1	
Sleeping bag	1	
Sleeping bag liner	1	
Waterproof bags	1	
Survival bag	1	
Whistle	1	
Head torch	1	
First Aid kit	1	
Water bottle	1	
Cutlery	1	
Multitool	1	
Plate	1	

ITEMS	QNTY	✓
Bowl	1	
Mug	1	
Matches	1	
Wash Kit	1	
Towel	1	
Blister Patches	1	
Tent	1	
Stove	1	
Fuel	1	
Pans	1	
Insect Repellent	1	
Compass	1	
Map Case	1	
Maps	1	
Money	1	
Food	1	
Watch	1	
Camera	1	
Spare batteries	1	
Scourers	1	
Tea Towels	1	
Toilet Paper	1	
Nightwear	1	
Notebook & pen	1	
Plastic Bags (for rubbish)	1	