Ashford District
Explorer Scouts
The Duke of Edinburgh's
Award Unit

EXPEDITION KIT LIST

These are the items you will need when undertaking your DofE training weekend, practice and qualifying expeditions.

Individual Kit:
1 pair walking boots (broken in)
2 pairs walking socks
2 pairs sock liners/thin socks (optional)
2-3 t-shirts
Thermal top/leggings (can double as pyjamas)
2 fleece tops or similar
2 pairs walking/sports trousers (NOT jeans)
Underwear
Nightwear (optional)
Ear plugs and flight mask (optional)
1 pair of trainers/flip flops (optional)
Warm hat (if appropriate),
Sunhat (if appropriate)
1 pair gloves (if appropriate)
1 pair shorts (if appropriate)
Suncream/insect repellent (if appropriate)
1 pair gaiters (optional)
Waterproof over-trousers
Cagoule/coat (waterproof & windproof)
Rucksack (approx. 55-65 litre)
Rucksack waterproof liner (or 2 x plastic bags)
Sleeping mat
Sleeping bag 3 seasons, light weight
Waterproof bags for sleeping bag, clothes, etc.
Sleeping bag liner (optional),
Watch
Whistle
Torch (handheld or head torch)
Spare batteries & bulb for torch
Water bottles 2 x 1 litre, or equivalent
Plate/bowl/mug
Knife, fork, spoon
Small pocket knife/pocket tool
Box of matches (in waterproof container)
Wash kit (very small)
Towel (small as possible)
Small quantity of money (optional)
Notebook & pen/pencil
Personal first aid kit, which **MUST** include:
Plasters, blister plasters, support bandage, antiseptic wipes, sterile dressing, personal medication, such as for hay fever, asthma, etc. Also consider including painkillers & anthisan.

Group Kit you have to provide for yourselves:
Lightweight hike tents, (you need to discuss what each of you can provide.)
Small plastic bottle of washing-up liquid
1 x Anti-bacterial hand wash
2x Scourers
2x Tea towels
1x Camera (optional)
1x Something to do (cards/frisbee etc.) (optional)
1x Mobile phone, fully charged, turned off and sealed in a waterproof bag
5x Plastic bags (for rubbish etc.)
Food, to include individual sealed pack of emergency rations for each member.

Group Kit provided by Ashford District:
2-3 Trangias, with burner and fuel
Maps 1:25 000
Compass (Silva type)
High-Visibility vests
Map case
Survival bags

Remember to:
Check your boots fit, and are waterproofed.
Check your waterproofs really are!
Line your rucksack with a waterproof bag or heavy duty black sack.
Pack your sleeping bag, sleeping mat and clothes in waterproof bags.
Check your tents for tears, broken zips, etc.

Places to buy:
Designer Outlet Centre:
Tog 24, Trespass & Mountain Warehouse
eBay/online suppliers
but avoid this for things that need to fit well, like boots and rucksacks, unless you have tried it on somewhere else first and know what fits you.
DofE participants get discounts at GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso.