

Duke of Edinburgh Bronze Personal Equipment List updated Aug 2015

The weight of an individual's rucksack can make all the difference between enjoying an expedition or turning it into an uncomfortable or painful experience. What you carry should be necessary to the expedition, luxury items are just that, luxury and not really necessary. The following list is a standard equipment list for DoE Bronze Expeditions; it is not designed to take into account specific conditions that may be encountered in some environments and should be considered a base level list.

E...Essential R...Recommended

Clothing.

Where there are two items of clothing it assumes you will be wearing one and not all of these will be carried in your rucksack. Spare clothing carried in your rucksack **must** be adequately waterproofed in a fold over drysack.

- Boots (must cover the ankle bone) (E)**
- Fleece light weight x 2 (E)** (Cotton Hoodies will suffice but they are not ideal as they do not dry quickly)
- Trekking trousers x 2 (E)** any lightweight quick drying synthetic trousers **NOT DENIM Shorts are not acceptable due to the risk of ticks.**
- Base layers (E) Synthetic material wicking tee shirts x 2 ~ one of which should ideally be long-sleeved**
(Cotton will suffice at Bronze but wicking sports tops are much better)
- Underwear (E) x 2 sets**
- Walking Socks (E) x 2 pairs** (Socks are perhaps the most underrated piece of kit, good trekking socks (Bridgedale or equivalent can make all the difference to the avoidance of blisters)
- Warm Hat and gloves x 2 (E)**
- Waterproofs (E) trousers and jacket. (Waterproofs should have sealed seams and ideally jackets should have hoods)**
- Sunhat (E)**

Camping Equipment.

- Rucksack 60 litres capacity (E)** We see too many expeditions spoiled by rucksacks that either do not fit the participant or are old and cannot be adjusted to the required size.
- Sleeping bag and Roll matt (E)**
- Bowl/mess tin, Mug, Spoon, Wash up kit (E)**
- Toiletries, Pack of Wetwipes, Toothbrush and Toothpaste (Nothing else is necessary)**
- Water Bottle/s capacity to carry 2 litres of water (E)**
- Headtorch and spare batteries (E)**
- Personal first aid kit (E) Personal medications** (remember to check expiry dates), **Compeed**
- Waterproofing for important kit (E) Dry sacs (R) 3/4 assorted sizes to waterproof sleeping bag and spare clothes**
- Rucksack cover (E)**

Group kit:

The following items of kit will be supplied by Wildcountry Consultants and should be divided between members of the group to ensure that loads are equally distributed.

- Tent 2/3 persons
- Stoves per 2/3 persons
- Fuel as appropriate
- Map of the area 2 per group (E) (1 spare)

Please note that loss or damage to group kit will be charged to the group/individuals to whom the kit is issued.

Groups should organise the following essential kit between themselves

- Matches/lighter for stove (E)**
- Compass 2 per group (E) (1 spare) (Silva Ranger 4 is ideal)
- Route cards ~ laminated
- Indelible ink marker pen
- Sun cream (factor 30 min) (E) seasonal
- At least two members of the group should have a watch for timekeeping and navigation
- Camera, notebook (laminated paper) and indelible marker pen (R) on Practice (E) on qualifying for your purpose/project.

Things that are NOT necessary.

Books.

Heavy Cameras

More than two mobile phones per groups (participants will not be allowed to use phones during the expedition)

Cosmetics

Towels and Shower Gels (Showers are not always available at the campsites)