

Beckfoot DofE Expedition - Suggested Kit List

This list comprises group (G) and personal kit.



- Tent (G) - *supplied by school*
- First Aid kit (G) - *supplied by school*
- Stove (G) – *supplied by school*
- Fuel (G) – *supplied by school*
- Matches (G) - *supplied by school*
- Washing up kit (G) - *supplied by school*
- Map + map-case (G) – *supplied by school*
- Compass (G) – *supplied by school*

- Torch + new / spare batteries - *can be supplied by school*
- Rucksack and waterproof liner – *can be supplied by school*
- Sleeping bag - *can be supplied by school*
- Survival bag / emergency shelter – *supplied by school for Silver/Gold*
- Roll mat – insulating – *can be supplied by school*
- Walking boots – *can be supplied by school*

- Waterproof jacket / cagoule
- Waterproof over-trousers – check the weather forecast
- Walking socks
- Clothes suitable for expedition **i.e. not jeans – THINK LAYERS**
- Spare set of clothes
- Hat / gloves / scarf – even in summer conditions in case of emergency
- Personal wash kit and towel
- Water bottle (1 litre capacity)
- Food plus emergency rations
- Mug / plate / dish
- Knife / fork / spoon or spork
- Whistle
- Sun cream
- Personal medication – you must advise DofE if you have any medications

Think about what you really need. Is there anything that you can share with your team, eg toothpaste. Have you planned your meal so that you are cooking together and sharing quantities of food? If your torch batteries are new, do you really need spares? If the forecast is light rain, do you need sun cream?

N.B. The maximum weight of your fully loaded rucksack should be no more than 25% of your body weight, ideally less. This will be checked before you set off by your DofE leaders and you will not be allowed to carry more than this weight. Group kit is shared out between you and your expedition team.

Speak with your DofE leader if you are considering taking anything extra to this list.