

Bronze DofE Kit List 2017

Guidance will be given in meetings and on the weekend on how to pack, adjust, and wear a rucksack. Essentially, things that need to be kept dry should be well-wrapped in separate substantial plastic bags (cheap black bin bags are often too easily torn). Heavier items should generally be lower down in the rucksack, nearer the back, and hence the centre of mass of the wearer. Things that will be needed in a hurry (such as waterproofs!) should be packed at the top of the bag. (NB: * denotes kit that can be borrowed from school.)

EQUIPMENT

- Full size rucksack*
- Boots (These should be sturdy with good ankle support and grip. Students might get by with sturdy trainers on the training weekend, but be aware this carries an increased risk of ankle injury as well as discomfort in the event of wet weather.)
- Waterproof Jacket
- Waterproof Trousers
- Sleeping bag (in a thick plastic bag or drybag)
- Carry mat*
- Torch (needs to be kept dry!)
- Plastic/metal mug and bowl, knife, fork and spoon

CLOTHING (to be packed in thick plastic bags or drybags within the rucksack)

It is best to wear several layers of thinner clothing that allow adjustment during the day. Jeans and bulky hoodies make bad DofE clothing as they become very heavy when wet and dry very slowly. Sports kit – for running or games – often makes good walking kit too.

- Hat and gloves in case of cold
- Sun hat
- Long trousers
- (Shorts)
- T-Shirt or light shirt
- Warm long-sleeve jumper(s)/fleece/top(s) (two thinner ones are better than one thicker, bulkier item)
- Changes of socks and underwear
- Spare change of clothing (packed in its own plastic bag or drybag)

PERSONAL KIT

- Emergency rations e.g. Chocolate, nuts, jelly, glucose tablets etc (these should be uneaten at the end of the weekend!)
- Light wash kit including toothbrush and toothpaste
- Insect repellent
- Your own Basic First Aid Kit e.g. plasters, any personal medication, headache tablets, pen, pencil and paper in case of emergency
- Sun cream/block
- Vaseline (Top tip: apply to all areas of skin that may rub)
- Water bottle – 1.5 to 2 litres at least total

FOOD

- Snacks for while walking (e.g. cereal bars, malt loaf, biscuits, sweets – not chocolate as it may melt!)
- Packed lunch for Friday

GROUP EQUIPMENT

- **Food for all meals from Friday dinner to Sunday lunch**
- Tent*
- Trangia stove*
- Fuel in Sigg Bottle*
- Matches/Lighter (keep dry!)
- Washing-up sponge, detergent (decanted into a smaller bottle), tea towel
- Carrier bags for rubbish

Top Food tips:

- Plan to cook in 3s or more and each carry whole meals for the group rather than carrying your individual portions.
- Energy is most important – you need LOTS of carbs (3000-5000 calories a day)
- Go for dried food as much as possible – especially for meals later in the week as you will be carrying them all week! (porridge, pasta, couscous, rice etc are great)
- I would shop at Tesco or similar, rather than outdoor shops – the fancy dehydrated and vacuum packed food that outdoor shops sell can be nice, but is pretty expensive and not really any lighter than the alternative. (e.g. a boil-in-the-bag chilli or Bolognese is £5 in an outdoor shop compared to £2 in Tesco (see picture below))
- Weigh out portions beforehand in freezer/food bags (e.g. 300g pasta in a bag for 3 people for one meal) to cut down on packaging and extra food (you don't want to carry this!)

Suggested foodstuffs:

- **Porridge oats** (buy in a big bag and bag up yourself into meal-size amounts. The individual sachets you can buy are designed for microwaving, tend to be too small, and even the 'big bowl' ones are high on packaging and expensive. DON'T bring the ones that come in paper cups/bowls as these take up loads of space! You can put powdered milk in with the oats if you like creamy porridge, but it's fine made with water and sweetened with dried fruit, chocolate, jam or honey. Worth cooking a portion to see how much you get – you may want more!)
- **Sandwich thins and wraps** are good for lunches – they come in packs with a good life on them, and are not easily squashed and destroyed like bread. Plus they are nicer to eat than the traditional DofE pitta (I personally don't think an untoasted pitta should ever be attempted). Peanut butter is high energy and long life as a filling. Equally, you might go for Nutella, squeezey cheese, paste, tuna...
- **Pasta** is great, couscous cooks super-quickly, but can get everywhere (giant couscous is fun and less messy), but be careful which rice you buy – some take ages to cook. It might be worth splashing out on boil-in-the-bag rice, as this is much less messy. Allow more than suggested on the packet, as you'll be hungry – 100g per person or more, but again you may want to try this out and see how much you get.
- **Matteson's Smoked Sausage** is available in the chilled section of supermarkets, but does not require refrigeration, and is ready to eat, so it's a great thing to take and slice up into pasta, or heat in the water while you cook pasta/rice etc.
- **Stir-in sauces** are good, and fairly light, but things like Beanfeast Vegetarian bolognese – which is dehydrated – are brilliantly light. Long-life fully hydrated meals are available, and very tasty, but are fairly expensive and very heavy!
- **Hot drinks** are lovely when you've been/are walking. Consider instant hot choc, cup-a-soup, etc. Robinson's now do tiny concentrated squash that quickly makes hot water tasty.



Yummy! And super-light. Serve with lots of pasta



No need for refrigeration



Tasty and pretty much indestructible



Makes water into squash!



About £2 from larger supermarkets and really nice (but heavier as not dehydrated). Rip open, stand in boiling water, then eaten out of the bag.