

Bronze DofE Kit List 2020

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 (with a hood)
- Waterproof Trousers
- Sleeping bag (in a thick plastic bag or drybag)
- Roll mat*
- Torch (preferably a head torch with fresh batteries)
- Plastic/metal mug and bowl, knife, fork and spoon

CLOTHING (to be packed in thick plastic bags (e.g. rubble 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.
- 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, jelly, glucose tablets etc (these should be uneaten at the end of the weekend!) Please remember we are now a nut free school, so cannot allow students to bring nuts with them.
- 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)
- Sturdy, reusable water bottle – 1.5 litres at least total. It will get bashed around, so needs to be tough!

FOOD

- Snacks for while walking (e.g. cereal bars, malt loaf, biscuits, sweets – not chocolate as it may melt!)
- Packed lunch for Saturday (sandwiches tend to get squashed, so pittas are a DofE staple, or you might consider wraps and so on. I find Warburtons Sandwich Thins are pretty indestructible.)

GROUP EQUIPMENT

- Tent*
- Trangia stove*
- Fuel in Sigg Bottle*
- Matches/Lighter* (need to be kept dry!)
- Washing-up sponge*, detergent* (decanted into a smaller bottle), tea towel
- **Carrier bags for rubbish** – an important one as students need to be self-sufficient.