

Gold DofE Kit List

Things that need to be kept dry should be well-wrapped in drybags or 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*
- Walking Boots (These should be sturdy with good ankle support and grip, waterproof, and WORN IN.)
- Waterproof Jacket
- Waterproof Trousers
- Sleeping bag (in a thick plastic bag or drybag)
- Sleeping mat*
- Torch (preferably head-torch, with spare batteries)
- 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
- Sun hat, sunglasses
- Long trousers
- (Shorts – optional for travel back and forth. Long trousers are better protection from tick bites)
- T-Shirts or light shirts
- Warm long-sleeve jumper(s)/fleece/top(s) (two thinner ones are better than one thicker, bulkier item)
- Changes of socks and underwear
- Nightwear/thermal undies
- 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, towel
- Insect repellent
- Your own Basic First Aid Kit e.g. plasters, any personal medication, headache tablets, pen, pencil and paper in case of emergency, blister plasters
- Sun cream/block
- Vaseline (Top tip: apply to all areas of skin that may rub)
- Water bottle(s) with 2 litre capacity, ~~water purification tablets~~
- Survival bag*
- Watch

GROUP EQUIPMENT

- Tent*
- Trangia stove*
- Fuel*
- Matches/Lighter
- Washing-up sponge, detergent (decanted into a smaller bottle), tea towel
- toothpaste
- Carrier bags for rubbish
- Food for all meals
- Snacks
- Trowel*
- Toilet paper