



Expedition kit list for Gold

YOUR INDIVIDUAL KIT LIST

- Rucksack** – A minimum of 65 litres is recommended due to additional walking time at Gold, but certainly no bigger than 80 litres or the spare space just gets filled with unnecessary stuff. Make sure that the salesperson in the shop fits the bag correctly to your back length because those with shorter backs need an appropriately adjusted rucksack. Some cheaper rucksacks do not have adjustable backs, which is fine if it fits you! Rucksacks are increasingly available in men's and women's styles. This is a matter of body shape rather than colour scheme and therefore choosing the right style can greatly increase comfort. Note that the rain cover on a rucksack does not keep your gear dry in very wet weather, when they are largely pointless.
- Rucksack liner** - This should be made from waterproof nylon or strong plastic (e.g. rubble sacks from the supermarket). Some people prefer one very large strong waterproof rucksack liner. Others prefer several smaller roll-top 'dry bags' for the essentials (sleeping bag, clothes, etc.).
- Waterproof jacket** - Choose one that is breathable as well as waterproof. You do not have to spend a fortune on this. Note that 'soft shell' jackets do not count as waterproof.
- Waterproof trousers** - breathable as well as waterproof. Ankle zips make it easier to get them on and off over your boots. Avoid the ones with pocket holes, which just let the water in.
- Walking boots** - We recommend waterproof fabric boots if you are buying them just for DofE, as they are quicker to break in than leather boots. Make sure they offer support and protection to your ankle (no mid-height approach shoes please). Waterproof trainers are NOT suitable.
- Socks** - We recommend buying two pairs of suitable walking socks at the same time as your boots.
- Walking poles** – These are not an essential item but they can provide additional support on difficult terrain and reduce impact on knees.
- Sleeping bag** - A mummy-shaped bag, filled with synthetic insulation that is rated to an appropriate 'comfort' temperature (+5 °C for the Summer Camp, 0 °C for the Practice Camp). Your sleeping bag should be stored in a dry-bag or double-wrapped in strong plastic bags.
- Sleeping mat** – A foam roll mat is fine, and can be wrapped in the survival bag to keep it dry, then strapped to the bottom of the rucksack. Some students prefer a thin self-inflating roll up mattress, which pack down to a compact size (not a conventional airbed!). This needs to be double bagged and packed inside your rucksack.
- Survival bag** - A strong, person-sized orange plastic bag which is useful to prevent hypothermia in the event of an emergency and is also useful to keep your rucksack dry overnight when camping.
- Walking trousers or leggings** - Lightweight and quick drying synthetic fabric (never cotton) that will remain comfortable during hot, cold and wet weather. Girls who choose leggings should ensure that they are fully opaque. Leggings can be purchased cheaply from high street discount sports retailers.
- Base layer (short and long sleeved T shirts)** - Lightweight and quick drying synthetic fabric. No cotton T shirts please. Cotton is heavy and cold when damp and dries very slowly. You can buy very cheap gym T shirts from high street discount sports shops.
- Mid layer (fleece)** - Thin or thick fleece pullover or jacket. Personalised hoodies may look lovely around camp but are useless when they get damp.
- Hat and gloves** – As appropriate to the weather forecast. For the springtime camps, this probably means fleece. Summer camp: sun hat
- Water bottle or bladder system** - Students should be carrying at least 2 litres every day (more if very hot). The bottle or bladder should be very strong.
- Paper and pencil** - Students will be given a logbook to record their aim work during the journey.
- Clothes for inside the tent** - A spare base layer (e.g. leggings and a long sleeved top) that you can sleep in. Ideally, this will be synthetic and quick drying. Spare underwear is recommended.
- Shoes for around camp** - Lightweight and comfortable shoes to give your feet a rest from your boots.
- Toothbrush, toothpaste and deodorant**
- Plastic bags** - Ziplock kitchen bags are good for food. Carrier bags are good for rubbish. Rubble sacks are good for keeping things dry.
- Headtorch** - This allows you to use both hands in the dark. Make sure the batteries are fresh.
- Spork, plastic bowl, plastic mug** - A spork is a cross between a fork and a spoon.



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GROUP KIT LIST

- Toilet paper – Two half-rolls should be sufficient for a group, in case one roll gets wet.
- Washing up stuff - Small container of washing up liquid (double bagged), scouring sponge.
- Tea towel
- Matches in waterproof container - Double bagged or in small Tupperware box.
- Plastic bags - Ziplock kitchen bags are good for food. Carrier bags are good for rubbish. Rubble sacks are good for keeping things dry.
- 2 watches
- Emergency food - Several chocolate bars
- First aid kit
- Sun cream – Factor 50 is recommended
- Mobile phone (optional) – A mobile phone is not needed, but can provide useful for students in the event of an emergency. The school cannot take responsibility for phones that are damaged, lost or stolen. If students decide to bring a phone, it should be switched off to conserve battery life, and fully waterproofed in suitable bags.
- Pack of playing cards – Strongly recommended, though not essential. You should conserve your mobile phone battery so that you can use it in an emergency. Some low-tech entertainment is advisable for the evenings.

Sharp knives of any description are not permitted on SBHS DofE expeditions.

This includes Swiss Army knives, and multi-tools which have sharp blades (e.g. Leatherman tools).

Any sharp knife will be confiscated and you risk failing your expedition.

Notes

- 1. Equipment provided by the school (tents, stoves, fuel bottles, maps, compasses) will be charged for if damaged or lost before any participants from the offending group can pass their Award.**
- 2. Please remember to pack as light as possible! Rucksacks should be no more than one quarter of your body weight. It can be challenging to keep below this, especially for light students. Remember that we will be adding tents, stoves, fuel which will add approximately 2 kg per person within the group. 2 litres of water will add a further 2 kg of weight. Food will need to be counted within this maximum weight limit as well. Food is likely to weigh approximately 2 kg at Bronze, 3 kg at Silver and 4 kg at Gold.**
- 3. Rucksacks should be packed such that there is room for tent parts/Trangia stove to be packed *INSIDE* the bag. As a guide, the space that should be left is roughly the same volume as a folded pillow. It is not advisable for these items of equipment to be strapped on as an afterthought when leaving camp.**
- 4. See a short video of how to pack a rucksack on our SBHS DofE YouTube channel. Search on YouTube for “SBHS DofE Packing a rucksack”.**