




Bronze D of E kit list

Clothing

<p>Walking boots</p>	<p>Must cover the ankle bone and be properly worn in. No need to spend a fortune!</p> 
<p>2 pairs walking socks</p>	<p>Go for quality here!</p>
<p>2 technical quick drying T-shirts (One to wear and one as a spare)</p>	<p>These should not be cotton! Check out Aldi etc for cheap versions</p> 
<p>2 pairs walking trousers (One to wear and one as a spare) (NOT jeans or cotton joggers)</p>	 <p>Thick, sports or walking leggings are also acceptable. Avoid any with sheer panels that ticks could bite through or could allow sunburn</p>

2 fleece tops
(One to wear and one spare)



Check out cheap versions in Sports Direct or supermarkets. No need to buy expensive brands.

Water proof jacket

This should have a hood, and taped seams to ensure that water won't seep through. Make sure it is not a shell jacket.



Waterproof over trousers

These are to go over walking trousers. Some come in their own bag.







2 pairs of pants
(One to wear and one spare)

Warm hat and gloves (as appropriate)

Sun hat

Personal kit

Rucksack	<p>60/65 litres Make sure that it fits!</p>  <p>Rucksack should either have a built in rain cover or you will need a separate one</p>
Waterproof bags	<p>Ideally dry bags to wrap sleeping bag and spare clothes in. Alternatively rubble sacks would do the job.</p>  <p>Plastic carrier bags/bin liners are not strong enough and will rip.</p>
Sleeping bag	<p>Check that it has a comfort rating down to 0°C (3 season or equivalent). Compression straps are useful to help squash it down</p>
Sleeping mat	<p>Foam or lightweight inflatable thermorest</p>
Torch	<p>Head torches are preferable as they keep hands free</p>
Personal first aid kit	<p>Blister plasters!</p>
Food	<p>Personal food:</p> <ul style="list-style-type: none">• Packed lunch for Saturday• Packed lunch for Sunday• Snacks <p>Avoid bulky packed lunch boxes and containers that take up space. Contribution to evening meal and breakfast for team (should have been discussed and agreed who was bringing what)</p>

Water bottles	2L of water should be carried so will need 2 x 1L bottles or equivalent e.g camelback 
Bowl and/or plate	Plastic or metal. A bowl can be used for everything to save room. There are lots of collapsible, space saving options too 
Cutlery	Plastic or metal
Mug	Plastic or metal
Matches	In waterproof container
Personal wash kit	Toothbrush, toothpaste, small deodorant (roll on), hand sanitiser
Sun cream	
Notebook and pencil (optional)	Depends on the project chosen
Watch	Essential for timing while navigating. Phones are for emergencies only!

Group Kit

Tea towel	
Scourer or washing up sponge	
Washing up liquid	Decant into a small container e.g travel size shampoo
Team first aid kit	Could be a whole kit that one person brings or each could contribute a few items. Tick remover advisable!
Two compasses	The school does have a few that could be leant out
Pack of cards	No electronic devices! Each team will be allowed two phones which are for emergencies only. Any other phones will be locked in the minibus for safety if brought along.

Tents, stoves, fuel and maps will be provided.