



Stanmore & District DofE Expedition Kit List

Rucksack (essential)

For expeditions a 65-70 litre rucksack should be big enough. You should not carry more than $\frac{1}{4}$ of your body weight.

Rucksack Liners (essential)

No rucksack is 100% waterproof and few attempt to be, therefore a strong liner to your bag is vital. Bringing spare rubble sacks & carrier bags are always useful on expedition.

Waterproofs (essential)

A good waterproof jacket and a pair of waterproof trousers should see you through all but the worst weather conditions, breathable are best as it will keep you drier.

Tents (See your Explorer Scout leader to provide)

Light Weight expedition tents.

Sleeping Bag (essential)

A good lightweight sleeping bag is essential for a good night's sleep – choose one with a **3 season** rating suitable for the conditions you will be using it in.

Pillows

If you need a pillow you can just bring a pillowcase and stuff with your clothes in it or use a lightweight inflatable.

Sleeping Mat (essential)

A Sleeping Mat will help keep out the cold aiding your sleep and conserving heat as well as protect you from the ground.

Boots (essential)

A good pair of waterproof walking boots with ankle support is essential for both hiking and other activities at camp ensure they are comfortable and fit well.

Trousers

Choose long trousers made from quick drying fabric, not denim. Make sure they will keep you warm and are comfortable. Scout Activity trousers are ideal. **No Jeans**

Tops

The key to upper clothing is to wear thin layers so you can regulate heat, go for lots of thin layers rather than one thick one. Long sleeves and short as you can wear one over the other when it is cold.

Hoodies/Fleeces

Ensure you have at least one warm layer. Even if you don't need it during the day the temperature drops at night time. **No Wool.**

Hats

You lose a lot of heat through your head, a warm hat for expeditions and at night will help retain heat. If sunny a sun hat will protect you from the sun (e.g. baseball cap).

Gloves

Your hands can get very cold especially when wet, so a pair of gloves will help you retain that extra bit of warmth.

Underwear

Bring enough for the duration of the camp and a spare pair.

Socks

Two pairs of socks are best worn with walking boots to prevent blisters one thin pair and one walking pair. It's up to you to go for what you find comfortable. Bring enough for the duration of the camp and a spare pair.

First Aid Kit & Survival Bag

A first aid kit and survival bag is required for the expeditions ensure you include blister plasters! Bring personal medication too.

Cutlery

A Spoon is essential; it can be used to prepare your food and then to eat it. Most people prefer to take a knife & fork as well!

Plate, Bowl & Mug

A Mug is essential, for hot drinks and a bowl can be used to hold your food if space is at a premium — go for plastic or metal. Small flasks are optional but useful.

Stove, Cooking Pots & Cooking Utensils

You will need cooking equipment, gas stoves for the duration of the camp. Scourer for washing up and liquid. Make sure you bring matches in waterproof bag!
(See Explorer Leaders to provide)

Towels

A lightweight hand towel is useful for expeditions where space is at a premium and small tea towel.

Small Wash Kit

Brush, comb, toothbrush, toothpaste, flannel, non spray deodorant plus anything else you need to make you feel human again (including contact lenses solution if appropriate). All miniature for expeditions. **Sun tan cream or Moisturiser with SPF 15 essential protects from wind and sun!**

Torch (essential)

A Torch, if you are caught in failing light, have to pitch your tent in the dark or are taking part in any night activities a torch will be very useful **particularly a head torch.**

Mobile Phones

These are useful only as an emergency tool on expeditions but we expect them to be off at all other times.

Water Bottle

You **MUST** be carrying **at least 2L** of liquid on expeditions 1L should be water. Water can be refilled at the campsite.

Compass & Maps

These are essential navigation tools and you need at least two per group. **(These will be provided this weekend)**

Sacks

Extra Black Sacks or rubble sacks are required to carry your wet tent in. Extra carrier bags will be needed for rubbish and wet items

Food

You must cook a substantial hot meal each day with your group each day. **NO POT NOODLES.** Cold lunches only.