

Budmouth Academy- DofE Award

Gold Expedition Kit List

<u>Individual Kit</u>		
Rucksack - 55-65 litres size	Cold Weather	Sunny Weather
Rucksack liner i.e. old survival bag	Woolly Hat	Sun Hat
Sleeping bag in a bin bag	Gloves	Sun Cream
Roll Matt in a bin bag	Scarf	Sun Glasses
Emergency Survival Bag		Insect Repellent
Walking boots - Broken in + Gaiters		
Waterproof/Windproof Jacket with attached hood		
Waterproof/Windproof trousers		
<u>Clothes to wear:</u>	<u>Toiletries/Wash Kit</u>	
Socks	Toothbrush	
Underwear	Deodorant + Toothpaste (s)	
Thermal top / T-shirt	Toilet Roll (s)	
Shirt / Rugby shirt	Personal First Aid Kit (painkillers if needed)	
Fleece / Sweatshirt	Hairbrush + ties	
Walking Trousers - No Jeans	Wet wipes (s)	
Two complete sets of spare clothes as above in a waterproof bag - extra socks and underwear	Mug?	Flip Flops to wear at camp site
Torch + spare batteries	(Knife, Fork & Spoon) - Spork	
Pen knife / Pocket Tool (s)	Water Bottle - Platypus - 1-2 litres	
	Purification tablets - enough for 20 litres	
<u>Food</u>	<u>Emergency Food</u>	
Cooked breakfast and evening meal, 3 each	Sealed in a clear plastic bag - Full meal +	
Hot drinks	Hot drink, energy bars, chocolate	
Snacks for during day - 4 days	(Not to be eaten until the end!)	
Packed lunch for 4 days		
Laminated College DofE Emergency contact and ID Card	Mobile phone - Sealed in waterproof bag	
	Trackers + battery pack	
Note book and pen	Camera and watch	

<u>Group Kit</u> - To be shared by members of walking group	
Tent x 2	Laminated map sheets x 2
Jet Boil x 2	OS Laminated map of region 1:25,000
Gas canister x 3	Laminated Route Cards x 2
Group First Aid Kit x 2	Matches - sealed in dry container
Compass + Whistle x 7	Emergency Group Shelter

The Items in Bold will be provided by the college