

DofE Open Award Day Expedition Kit List

Please read (!) the list below, remember it and bring these things you need – don't wait until the morning of the walk and then realise you don't have anything!!!!

BOOTS

Day Pack

Spare sweatshirt/jumper

Water bottle / Flask (you should start the day with 1.5 litres)

Hat/scarf/gloves

Waterproof jacket and trousers

Individual first aid kit (inhaler/sanitary products etc)

Compass

Map

Survival bag

Mobile phone (please put it on silent)

Any medication you may need – please inform staff before setting off.

Clothing

Waterproof Jacket

Waterproof Trousers

Gaiters

Non Cotton T-Shirt

Jumper

Fleece

Trousers (NOT JEANS)

Food

You will need to bring the following food:

Packed lunch x 1

Drinks

Emergency Rations (min.2000 calories including carbohydrate and sugar)

Ask questions before...not Saturday morning!!!!