

BWS Duke of Edinburgh's Award - Kit List

This is a guide not to be followed slavishly. Avoid cotton where possible and pack all kit inside green garden bags or rubble bags NOT bin liners and remember that your rucksack is not waterproof whatever the advertising says. The school has a supply of tents and Trangia's available for use and they are allocated on a first come first serve basis, under the assumption that any damage caused through miss-use will be rectified by the borrower.

TO WEAR WALKING

- 1 pair Walking Boots (broken in)
 - 1 pair Walking Socks (maybe 2 pairs)
 - 1 Thermal top/t-shirt
 - 1 Sweater (woollen or fleece)
 - 1 pair trousers (NOT jeans)
- (FOR THE SATURDAY TRAINING PLEASE ALSO BRING A SPARE PAIR OF CLEAN TRAINERS FOR INDOOR ACTIVITIES, IN A NAMED CARRIER/BOOT BAG)**

PERSONAL KIT (TO CARRY)

- 1 large Rucksack (approximately **65 litre** capacity)
- 2 Strong, large plastic bags (to line rucksack)
- 1 3 Season sleeping bag (in a waterproof bag) and sleeping roll mat
- 1 Orange Survival bag
- 1 Personal First Aid Kit
- 1 Watch
- 1 Whistle
- Small quantity of money
- 1 Notebook & pen/pencil
- 1 Torch & Spare battery (eg small Maglite or Petzl headtorch)
- 1 Emergency food rations (sealed and NOT to be eaten until the end)!
- 1 Water bottle or hydration system (eg Sigg, Platypus or strong plastic, to hold 1 to 2 litres)
- 1 Knife, fork, spoon
- 1 Pocket Knife (small, **optional**)
- 1 Plate/bowl and mug
- 1 Box of matches (sealed in a dry container or bag)
- 1 toothbrush
- 1 Good quality waterproof jacket (essential)
- 1 pair Underwear
- 1 pair Walking socks
- 1 shirt (woollen, cotton or fleece)
- 1 Spare sweater (woollen or fleece)
- 1 Spare walking trousers (NOT jeans)
- 1 pair of flip flops (optional)
- 1 Hat (warm)
- 1 pair gloves (woollen)
- 1 sunhat & suncream
- 1 Waterproof overtrousers (essential)

GROUP KIT (to carry between the team)

- 1-2 tents
- 1-2 stoves (& fuel)
- 2-3 cooking pots (included in Trangias)
- Maps (1:25 000 laminated) and map case (One between two)
- 1 per map Compass (Silva type)
- 1 Camera
- Food (small & lightweight, avoid bacon etc)
- Water Purification Tablets (Gold only – expensive so share cost)

DofE participants' handbook – for completion by assessor