



## Equipment Advice

**All the kit recommended on this list is recommended by DofE, please take time to read through the following pages which describe the kit list in more detail.**

**Rucksack:** We are able to provide you with a rucksack, however it's better to have one that you can call your own, after all you may want to keep it for silver and gold. You have to be able to carry everything you need for your expedition over some challenging, and sometimes muddy or steep, terrain so ensure your rucksack doesn't weigh too much and isn't too big for you. If you are buying your own then we would recommend that you go to a store and try a few different ones for size and fit before purchasing; every rucksack will feel different and you need one that feels good on you. The Vango Contour 60:70 has been designed for DofE participants, it weighs 2.45kg and has a maximum volume of 70 litres. For custom fit and comfort, the *QA adjust* system allows you to customise the back length, making it perfect for growing bodies.



**Sleeping Mat:** We can lend you a foam roll mat, these are lightweight and comfy but they are also quite bulky. Alternatively you can get yourself an air mat, these are comfy and warm and they pack small but are heavier.

**Sleeping Bag:** A good night's sleep always helps on expedition so it's important to have a sleeping bag designed to give you comfort at the lowest minimum temperature. There's plenty of choice, so it pays to look around and work out what's right for your adventure. If you have your own sleeping bag you need to ensure that it is both warm enough for a chilly night and can pack down small enough to fit in your rucksack. For added warmth you could always pack a sleeping bag liner. DofE recommend the *Vango Nitestar*. This is a 3-season, mummy shaped sleeping bag built to keep you comfortable as well as being easy to pack and carry; making it an ideal choice for DofE participants.



**Dry bags / Rucksack Liner:** There are two ways of waterproofing your rucksack, using a rucksack liner (or a really thick bin bag) or several small dry bags.

**Water and Hydration:** It is essential that you start your expedition with **2 litres of water**, there are a couple of ways you can carry your water: You can use a hydration system such as a camelback or platypus, these are good as you don't need to stop and take your rucksack off to drink, however you can't easily see how much you're drinking and it is easy to drink a day's supply of water in a couple of hours, also they are prone to leaking and remember, they are stored inside your rucksack. Another method is to carry two 1 litre bottles that can be stored outside your rucksack, choose one that has a watertight design and made from impact resistant material that will stay strong in the toughest conditions. Choosing a clear plastic one means you can see how much fluid is left.



**Eating Utensils:** Simplicity is key when it comes to choosing eating utensils. Options include a stainless steel cutlery set or a plastic Spork. You will also need a bowl or plate to eat with - a simple plastic bowl can be used

for all meals and is light to carry and easy to clean. A mug is also a must for that hot chocolate and again a simple plastic mug will work fine.

**Torch:** Any torch is fine but a head torch is advisable as it allows you to be 'hands-free'. You can pick these up cheaply in outdoor retailers. Make sure you have spare batteries!

**Whistle:** Your whistle needs to be loud enough to attract attention; many new rucksacks (including the Vango Contour) have an emergency whistle built into the sternum/chest strap.

**Watch:** You need a watch to tell the time and to use as a navigation aid when you need to work out your route timings and when you need to be at a checkpoint.

### **Washing up and rubbish:**

- Bring bin liners for your rubbish.
- Brillo pads are ideal for washing up because they already have washing up liquid inside them.
- A tea towel is handy for drying up.

**Sun Cream:** You will need sun cream because you will be out in the sun all day, essential even if you don't normally burn. If the weather forecast says it will be cloudy, still bring sun cream as the weather conditions can change. Mosquito repellent is also a good addition.

**Wash Bag:** This should contain all of your personal toiletries such as: toothbrush, toothpaste, deodorant biodegradable wet wipes or soap and toilet roll. There's no need to pack shower gel, shampoo or hair straighteners, as there are no showers on camp. All medication can be placed in your wash bag.

**Money:** For the expedition you will not be in a position to purchase any food or drinks along the route. However, we suggest you bring a small amount of money (@£5) for emergency use only.

### **Team Kit**

**Tent:** We supply your team with tents like this one.



**Trangia Stove and Fuel:** We will supply these for all teams. The Trangia stove is a cooking system recommended by DofE and has all the pots and pans as part of it to enable you to cook efficiently as a group.



**Navigation equipment:** Compasses and Maps will be provided; you are welcome to bring your own compass but please show your instructor before using it. We supply you with waterproof maps; however a good map case could be a bonus.

