

# Entrust DofE Participant Suggested Expedition Kit List

The checklist below has been compiled to help you prepare and pack for your expedition. It is worth using the 'tick off' section for when you have both got and packed your kit.

The guide from the Duke of Edinburgh's Award is a good starting point of reference when learning about expedition equipment. View the guide here: <https://www.dofe.org/shopping/wp-content/uploads/2021/02/Expedition-Kit-Guide-February-2021-double.pdf>

Please do not feel you have to buy everything on the DofE recommended Kit List as the instructors will discuss equipment and food on the Training Weekend in more detail, advising where and what to purchase.

**Entrust will provide the following group equipment on your arrival for the expedition, to be distributed fairly between the group members:**

<b>Tents</b>	<b>Cooking Stove, Fuel &amp; Lighter</b>
<b>Maps &amp; Blank Route Cards</b>	<b>Map Cases</b>
<b>Group GPS Tracker</b>	<b>Emergency Procedure Card</b>

**The individual participants will need to provide the following:**

Item needed	Number to be taken	Got It	Packed it
<b><i>Essential</i></b>			
Walking Boots			
Waterproof Jacket			
Waterproof Trousers			
Warm tops			
T Shirts or Thermal tops			
Walking Legwear (not jeans)			
Suitable Shorts (if appropriate)			
Underwear			
Walking Socks			
Nightwear			
<b><i>Optional</i></b>			
Footwear for the campsite			
Warm hat/sunhat			
Gloves			
Gaiters			
Head/neck scarf			
Sunglasses			

**Personal equipment:**

Item needed	Number to be taken	Got It	Packed it
<b>Essential</b>			
Rucksac (approx. 65ltrs)			
Rucksac liner or drybags			
Sleeping Bag			
Sleeping Mat			
Personal Whistle			
Personal Medication			
Wash Kit			
Sun Cream			
Torch & batteries			
Water Bottle/s to carry 2ltrs of fluid			
Suitable food for the level and duration of the expedition			
Fork/Spoon etc			
Plate/Bowl/Mug			
<b>Optional</b>			
Sleeping Bag Liner			
Personal Medication			
Lip Salve			
Notepad & pencil			
Watch			
Walking Poles			
Insect Repellent / Mosquito Net			
Spare Boot Laces			

**As part of your team, you also need to provide:**

**Group Equipment**

Item needed	Number to be taken	Who is carrying it?	Packed it
Cleaning Supplies (washing up liquid, sponge, cloth)			
Rubbish Bags			
First Aid Kits			
2 x Good compasses (Silva recommended)			

## IMPORTANT INFORMATION REGARDING EQUIPMENT

### Knives

Please do not bring knives of any kind, including penknives or multitools – these will not be necessary.

### Allergies

Please be allergy aware when choosing your meals or sharing food and do not bring products containing nuts.

### Electrical Devices

Entrust Outdoors recognise that older children may have their own mobile phone or electrical devices as part of their regular life.

Firstly, we strongly recommend that these are not brought to on your DofE Expedition. There is high potential for them to be lost, damaged or stolen and Entrust cannot be held responsible should this happen.

If mobile phones are brought on your expedition, please be aware that there is no provision to charge the phone. Phone signal may vary and Wi-Fi is not available, so the phone may not be able to make calls or connect to the internet.

Should the phone have the capability to take and share photos, please be aware of the necessary safeguarding and social media policies that may be in place for your school or organisation.

Mobile phones should not be used to raise help from anyone other than the emergency services or Entrust. Participants are advised not to contact home unless for a pre-determined specific reason.

If a torch is necessary, this should be carried as a separate item. The torch on a phone should be used for emergencies only and can drain the battery life of the phone.

The use of mobile phones should be within the spirit of the outdoors – they should not be a barrier to social engagement or used to play loud music which spoils the aesthetic experience for all countryside users within earshot. Playing of loud music also drains the battery of the phone and may make it unusable in an emergency.

***Please be aware that misuse of mobile phones in activities such as the Duke of Edinburgh's Award may invalidate your ability to complete the award as per the 20 conditions set out by the scheme.***