

6. Kit List: Walking Expeditions

(Please see <https://www.dofeshopping.org/dofe-expedition-kit-list/> for the official list and a leaflet with a little more detail.)

Participants will need to provide the following:

- **Hiking boots** – higher cuff and stiffer sole than a walking shoe. Broken in before expedition.
- **Hiking socks** – 2 pairs, loop stitch. No cotton sports socks. Some participants also like to wear a liner sock if they are prone to blisters.
- **Wicking ‘base layer’ T shirts** – 2 or 3. Should be technical fabric (often polyester). Merino Wool is good. *No cotton.*
- **Thermal long sleeve ‘base layer’** – for colder conditions. Wicking, as above. Optional.
- **Thermal leggings** might also be a good idea for expeditions in colder months. Optional.
- **Warm ‘mid layer’ tops** – 2. Thickness will depend on time of year. Usually 2 lightweight ‘100g’ fleece tops are sufficient as they are warm enough for a cold night when layered together. *No cotton.*
- **Walking trousers** – 2 pairs. Should be polyester or nylon. Lightweight tracksuit trousers are good. No jeans, no jersey fabric, no heavy canvas. ‘Zip off’ trousers are flexible for the summer months.
- **Underwear** – enough for each day.
- **Nightwear** – optional. Most participants use their spare T Shirt!
- **Lightweight sandals or trainers** for the evening in camp. Flip flops are ok for just walking to the toilet but not suitable for playing football in the campsite!
- **Warm hat, gloves, buff, sunhat, sunglasses** – these should be carried regardless of the season, thanks to a fickle UK climate, though in summer lightweight gloves are fine. A baseball hat or sunhat is essential for sunny days. Check the forecast.
- **Waterproof coat** – essential that this fits well and has a good hood. Not a thick ski jacket.
- **Waterproof over trousers** – these must slip on easily over the walking trousers. A zip on the ankle or up the leg will help.
- **Gaiters** – helpful for Gold or Silver participants where boots need to stay drier for longer and boggy ground may be encountered. Optional.
- **Expedition rucksack** – approx. 60 litres. No bigger than 70l, no smaller than 50l. Everything (except the foam sleeping mat) must go inside and be waterproofed.
- **Stuff sacks / rucksack liner** – Sleeping bags and spare clothes **MUST** be waterproofed. High quality bin bags, a selection of rubble bags, nylon ‘dry’ bags or a combination of all of these are the best way of keeping kit dry as well as organised. Different coloured bags for different things are great.
- **Sleeping Bag** – in a compression sack. Look for at least 2 season for summer expeditions, 3 or 4 season for early or late season trips. Most participants also use a liner to save washing the sleeping bag as frequently, and to add some warmth.
- **Sleeping Mat** – GRIP can lend you a foam mat, but you might prefer to get your own. Inflatable foam mats are usually warmer and more comfortable than closed cell foam.
- **Survival bag and whistle** – survival bags are available cheaply from outdoor shops. Most rucksacks have a whistle on the chest strap.
- **Head torch** – include a spare set of batteries.
- **Personal First Aid Kit** – some plasters, some blister plasters, a small crepe bandage, some antiseptic cleaning wipes, personal medication (named).
- **Sun cream and mosquito repellent** – this may be better bought for the group and shared.
- **Water bottles** - a minimum of 2 litres. Hydration kits are good for walking, but you must have a bottle too.
- **Bowl, mug, cutlery / spork, penknife** – no heavy cutlery set, use lightweight clip sets or a spork. Plastic or enamel bowls & mugs are ideal. *No china!*
- **Matches or a lighter** – in a waterproof bag.
- **Wash kit** – small travel bottles, *no full size bottles or aerosols. No heavy wash bags. Use a ziplock bag!* Wet wipes are useful. Include anti-bac hand gel and a few sheets of toilet paper folded up in a bag. Don’t forget your toothbrush!
- **Travel towel** – lightweight micro-fibre towel. These are available cheaply from sports shops like Decathlon. *No bath towels.*
- **Watch** – everyone should have a cheap watch that has an alarm.
- **Notebook and pencil / pen** – for taking notes for the project and presentation, noting photos taken etc.
- **Personal snacks** – small cereal bars, mini chocolate bars, trail mix, haribo etc. Small bags to go in pockets.

Between the group:

- **Pan scourer / sponge and washing up liquid** – small bottle in a ziplock bag.
- **Tea towel** – small microfibre ones are best.
- **Food** – team meals should all be packed in bags labeled for each day and each meal. Remove excess packaging and ensure nothing needs refrigeration.
- **Plastic bags** – a few plastic bags for rubbish or wet clothes.
- **Map Cases** – enough for each map (maps are supplied)
- **Compasses** – 1 between 2 participants (1 each for Gold). Must be good quality with a large clear baseplate and no bubbles in the dial.

GRIP Expeditions can provide the following for participants:

- **Tents**
- **Grab bag including a group first aid kit, emergency shelter and emergency mobile**
- **Stove, pans and fuel**
- **Maps**