

Duke of Edinburgh

Expedition Kit List

- 1 tent (per tent team)
- 1 stove (per tent team)
- 1 roll-mat
- 1 sleeping bag
- Boots
- 2 pairs of walking socks
- Waterproof coat
- Waterproof bottoms
- Pyjamas
- Clothes for walking on both days (no jeans)
- Underwear
- Light shoes to wear at camp
- Rucksack
- Rucksack cover
- Food—1 breakfast, 1 evening meal, 2 lunches, snacks, water
- First aid kit—plasters, blister plasters, pain killers, any personal medication, insect repellent
- Hat (if sunny) and sun-cream (just in case!)
- Torch
- Cutlery (no knives)
- Mess tins
- Matches/lighter
- Small towel
- Sponge/cloth
- Tissues/toilet paper
- Wash bag