

Silver Expedition Kit List

Lets face it, the more you carry the less you will enjoy your expedition...how often after all do you walk for up to 8 hours a day carrying between 20-35% more than your usual bodyweight? Doing so will hurt – shoulders, waists and feet all become painful after doing this, the only way to get used to it is to train regularly.

The following list is a standard equipment list for DofE Silver Expeditions; it is not designed to take into account specific conditions that may be encountered in some environments and should be considered a base level list.

The most sensible thing you can do is to check the weather forecast for the area your expedition is taking place and prepare with this in mind.

If the forecast is for sunny conditions then a sun hat and sun cream are essentials, if it is set to rain then dry socks for each day will be welcome along with appropriate waterproofing of yourself and your kit.

Failing to prepare is preparing to fail, or at least be very uncomfortable.

The group should plan together over the equipment that can be shared, this includes food. Remember there is no point in everyone carrying toothpaste when one small tube between the groups will do. The same goes for the stove, wash kit etc. On silver I am sure that everyone can go two nights without a shower so save weight here as well.

Small weight savings add up for example, remove all the packaging from your food. If a piece of kit is not absolutely necessary, do not take it.

There are certain items you cannot walk without waterproofs, a spare set of warm clothes, enough food etc. Follow the list below and use it as a checklist.

Checklist

Personal Kit

Got it	Packed it	Item Needed
		1 pair walking boots (no trainers, must have ankle support)
		4 pairs walking socks (Ensure they fit properly or rumpling may cause blisters)
		4 T shirts (one for walking, one for evening, sleeping & walking in on day 2 then repeat the pattern)
		2 pair of socks for evening use
		1 micro fleece top for walking
		1 fleece for evening use
		1, possibly 2 pairs of walking trousers (no jeans)
		1 pair tracksuit bottoms (for evening, sleeping)
		Underwear
		Flip flops/light shoes (for evening use)
		Warm hat (sunhat if needed, warm hat is essential as nights are colder even in Summer)
		1 pair gloves (if needed)
		1 pair shorts (if needed however leg protection is good for country routes)
		Water proof over trousers (Can be hired from UKAT kit store)
		Jacket/Coat (waterproof & windproof) (Can be hired from UKAT kit store)

Got it	Packed it	Item needed
		Rucksack (Can be hired from UKAT kit store)
		Rucksack liner (black bin bag or two will suffice to keep everything dry)
		Sleeping bag
		Roll mat (Can be hired from UKAT kit store)
		Water proof bags (may be bin bags or zip locked food bags)
		Torch (does not need to be huge, with new batteries in should last two nights of normal use)
		Personal first aid kit (see list below)
		Water bottle (1-2 litres of fluid required while walking)
		Knife, fork & spoon (a spoon or spork may suffice)
		Small pocket knife
		Plate/bowl
		Mug
		Wash kit (may just be wipes and toothbrush, toothpaste could be a group item, deodorant if required – maybe roll-on as smaller and lighter than aerosol)
		Towel (maybe ½ a hand towel, no bath/beach towels)
		Notebook & pen pencil to aid project
		Watch or phone without Sim Card (phones are prohibited)
		Box of matches (water proofed)

Group Kit

Got it	Packed it	Item Needed
		Tent(s) (Can be hired from UKAT kit store)
		Camping Stove(s) (Can be hired from UKAT kit store)
		Camping stove fuel (gas only)
		Cooking pans (Can be hired from UKAT kit store)
		Scourers (2 per group)
		Tea towels (2 per group)
		Food (menu sheet provided)
		Plastic bags (for rubbish)
		Toilet paper/pocket tissues
		Maps (Supplied by UKAT DofE)
		Compass (Supplied by UKAT DofE)
		Camera or phone with Sim
		After sun cream (if required)
		Sunglasses (if required)
		Insect Repellent (one pump spray per group)
		String
		Tin opener
		Playing cards/Uno deck (etc...)

First Aid Kit

Got it	Packed it	Item Needed
		Antiseptic Wipes (3 per person)
		Assorted Plasters (10 per person)
		Burn gel (3 per group)
		Safety pin(s) (3 per person)
		Crepe bandages (2 per group)
		Gloves (1 pair per person)
		Small wound dressing (1 per person)
		Full blister kit (1 per person)

The First Aid Kit list above is what you need to carry. You'll be dealing with minor cuts, scrapes, burns and sprains. With anything more serious, you will be required to use your emergency phone and request support from the assessor/supervisor.