

**Queen Elizabeth Grammar School**  
**THE DUKE OF EDINBURGH'S AWARD**  
 Mr P McWilliam

**EXPEDITION WALKING KIT LIST**

This is the kit you take when walking and camping. If you choose to take luxury items like towels, pillows, flip-flops, gaiters etc you will only add unnecessary weight to your pack. Items marked (group kit?) could be shared to save mass.

<b>ALL ESSENTIAL ITEMS</b>	<b>Tick when packed</b>
Waterproof jacket (taped seams)	
Waterproof trousers (taped seams)	
Walking boots (with ankle support and cleated sole)	
Walking socks (plus spare pairs)	
Thermal/wicking top or t-shirt (not 100% cotton)	
Fleece jumper	
Walking trousers (wear a pair, carry a pair NO jeans)	
Underwear (1 set per day)	
Spare trousers (suggest lightweight tracksuit trousers)	
Spare wicking t-shirt	
Spare fleece	
Gloves	
Sun hat or buff	
Wool/fleece hat	
Compass	
Rucksack (65 litre min)	
Rucksack liner or Exped drybags	
Sleeping bag (in a dry bag or bin liner)	
Sleep mat	
Torch (with spare batteries and bulb)	
Whistle	
First Aid kit including personal medication eg inhaler, anthisan etc	
Suncream (group kit?) and sunglasses	
Insect repellent (group kit?)	
Soap and deodorant (group kit?)	
Food and snacks (Dehydrated food is lightest. Don't take tins or raw meat)	
Emergency rations (a spare meal and a couple of chocolate/cereal bars)	
Water bottle (1 litre minimum and full when your pack is weighed) + puritabs	
Spoon or spork (do you really need a full cutlery set?)	
Bowl/cooking pots/tins (group kit?)	
Mug	
Waterproof matches	
Small penknife/tool (group kit?)	
Washing up sponge with a small amount of liquid in a resealable plastic bag	
Spare plastic bags	
<b>YOU WILL CARRY SOME OF THE FOLLOWING GROUP EQUIPMENT:</b>	
Tent flysheet (QEGS uses Vango Hurricane/Tornado tents)	
Tent Inner	
Tent poles and pegs	
Stove and gas (QEGS uses Coleman Alpine stoves and threaded gas)	
Map and waterproof pen	
Emergency Mobile	
Trowel	

Maximum permitted mass is 28lb or 12.5kg. Pack must not exceed your mass x 0.25