

Queen Elizabeth Grammar School

THE DUKE OF EDINBURGH'S AWARD

Mr P McWilliam

Dalesbridge/Hawkshead Expedition Kit List

Kit	Tick when packed
RUCKSACK (65+ LITRES)	
FULLY WATERPROOF JACKET AND TROUSERS (TAPED SEAMS) - NO RUGBY SHOWERPROOFS!!	
COMPASS (each person must have their own compass to make the most of training)	
Rucksack liner or STRONG plastic bag	
Hats (one for warmth and one for sun protection)	
Gloves	
Walking BOOTS (NOT walking trainers)	
Walking socks (at least 2 pairs)	
Trousers (wear a pair, carry a pair) NO JEANS	
Fleece or equivalent warm layer	
T-shirts (at least one wicking)	
Shorts (optional)	
Underwear	
Watch	
Gaiters (optional)	
Whistle	
Emergency rations (Mars/Snickers/Mint Cake/Flapjack/spare Wayfarer meal etc)	
Notebook and pencil for emergency use	
Swiss Army Knife or Leatherman Tool (NO SHEATH KNIVES)	
Pocket money, including some 20ps	
Camera (optional, taken at own risk)	
3 Black dustbin liners	
Expedition food (see supplementary sheet)	
Pan/Mess tin to cook in/eat from (Stoves are provided)	
Gas canister (threaded 220g re-sealable Coleman recommended or larger if shared)	
Knife, fork, spoon (or a spork), plastic or metal mug	
Water bottle or bladder. If using a bladder take a repair patch	
Washing up gear (scourer and squirt of washing liquid in a bag NO TEA TOWEL)	
Matches in waterproof container or waterproof matches (Good quality gas lighter permitted eg turboflame)	

Sleeping bag (in a waterproof liner – THE STUFF SACK IT CAME IN IS NOT WATERPROOF)	
Survival bag	
Karrimat or Thermarest or similar	
Toiletries	
Torch (with spare batteries and spare bulb)	
First Aid kit	
Personal medication eg Inhaler	
Insect repellent	
Small amount of toilet paper	
Suncream/Block/AfterSun	
For training days at Dalesbridge/Hawkshead:	
Trainers/sandals	
Change of clothes	
Other bag/holdall (NOT A BIN LINER!)	
(These items will be stored at Dalesbridge/Hawkshead in your other bag whilst on expedition)	
<p>iPods, mobile phones, electronic games etc are not to be taken on expedition as they are not in keeping with the spirit of D of E. QEGS mobiles will be issued to groups for safety reasons.</p>	
Equipment that will be loaned:	
Maps, Tents, Stoves	

Reminder: Clothing and equipment can be bought from Kenmar Camping. They offer a discount to D of E participants.

www.kenmarcamping.co.uk