



## Open Award Bronze Duke of Edinburgh Expedition EQUIPMENT LIST

Please find below a gear list to aid you in your preparation for the Open Award Bronze Expedition 2009. This list is not meant to be totally comprehensive. It will give you some ideas for the necessary gear you require to ensure both a balance between going as light weight as possible with your own safety and comfort in mind.

### PERSONAL EQUIPMENT

- Full size rucksack and liner\* (The liner is to waterproof your rucksack)
- Boots\* (These should be sturdy with good ankle support and grip)
- Waterproof Jacket\*
- Waterproof Trousers\*
- Sleeping bag
- Carry mat
- Torch, spare batteries and bulb
- Mug, knife, fork and spoon, bowl

### PERSONAL GEAR

Please remember our weather and come prepared for bad weather but do also consider good weather. The main principles are to wear layers of light coloured clothing that allow adjustment on the day.

- Hat\* - Woolly or Fleece Hat and a sun hat for good weather
- Scarf\*
- Gloves\*
- Long trousers
- Shorts (Could be worn under trousers)
- T-Shirt\* or light shirt
- Light Fleece\*
- Spare change of clothing

### EMERGENCY GEAR

- Emergency rations e.g. Chocolate, nuts, jelly, glucose tablets etc (these should **not to be** eaten until you are off the hill)
- Whistle
- Insect repellent
- Your own Basic First Aid Kit e.g. plasters, any personal medication, head ache tablets\*
- Sun block\*
- Vaseline (Top tip apply to all areas of skin that may rub)

### FOOD / LIQUID

- Water container\*
- Snacks while walking\*
- Food for all two days of the expedition (breakfast, lunch, dinner and supper)

### GROUP EQUIPMENT

- Tents
- Stoves - Trangias
- Fuel in Sigg Bottles
- Matches/Lighter
- Pot scrubber
- Biodegradable soap and Tea Towel
- Trowel
- Rubbish bag
- Old tea towel

\* Essential Items