

# Duke of Edinburgh's Award Kit List

This list is a guide to the items you may need when doing a DofE expedition. Your supervisor will have final say on the suitability of the kit required for your expedition. If you need any advice on expedition kit, contact your DofE Manager or email us - [info@apexexpeds.com](mailto:info@apexexpeds.com). Please also see the DofE resources page on our website - [www.apexexpeds.com](http://www.apexexpeds.com)

## Personal Kit

| Need it | Packed | Clothing  |
|---------|--------|---|
|         |        | 1 pair of walking boots (broken in)                               |
|         |        | 2-3 pairs of walking socks  |
|         |        | 2-3 T-Shirts (synthetic, technical T-Shirts are best)             |
|         |        | Jacket/Coat (waterproof and windproof)                            |
|         |        | 1 or 2 pairs of walking trousers (synthetic trousers or leggings) |
|         |        | 1 or 2 warm layers (jumper, fleece, or jacket)                    |
|         |        | Underwear   |
|         |        | Pair of Gloves  |
|         |        | Warm hat or sun hat (as appropriate)                              |
| Need it | Packed | Equipment   |
|         |        | Rucksack 65 litre (usually provided by Apex Expeditions)          |
|         |        | Rucksack liner (strong bin bags will work)                        |
|         |        | Sleeping bag (3 season)   |
|         |        | Sleeping mat  |
|         |        | Dry bags (strong bin bags will work)                              |
|         |        | Sun cream (as appropriate)  |
|         |        | Personal medication & small first aid kit                         |
|         |        | Watch   |
|         |        | Whistle   |
|         |        | Torch   |
|         |        | Spare batteries or spare torch                                    |
|         |        | Notebook and pen or pencil  |
|         |        | Mobile phone (supervisor will advise when and if to use)          |
|         |        | Water bottle (minimum 2 litres)                                   |
|         |        | Food  |
|         |        | Emergency food rations  |
|         |        | Cutlery, bowl, and mug  |
|         |        | Lighter and/or matches  |
|         |        | Small wash kit  |
|         |        | Microfibre towel  |

Group Kit - NOTE: Group Kit is usually provided

| Need it | Packed | Equipment                         |
|---------|--------|-----------------------------------|
|         |        | Tent(s)                           |
|         |        | Camping stove                     |
|         |        | Camping stove fuel                |
|         |        | Cooking pans                      |
|         |        | Scourers (washing up)             |
|         |        | Bag for rubbish                   |
|         |        | Toilet paper                      |
|         |        | Trowel (wild camping)             |
|         |        | Maps                              |
|         |        | Survival bag                      |
|         |        | Storm shelter (wild country only) |

Optional Kit

| Need it | Packed | Equipment                                   |
|---------|--------|---|
|         |        | Buff (head/neck scarf)                      |
|         |        | Hydration bladder (replaces water bottle)   |
|         |        | Small pocket tool                           |
|         |        | Can opener                                  |
|         |        | Sunglasses                                  |
|         |        | Insect repellent                            |
|         |        | Spare laces                                 |
|         |        | Playing cards                               |
|         |        | Mosquito net                                |
|         |        | Water purifying tablets (wild country only) |
|         |        | Gaiters                                     |