



23/24 Bronze - Duke of Edinburgh Kit List

Practice Expedition – Saturday 23rd March 2024

Full Expedition – Saturday 4th to Sunday 5th May 2024

This document will detail everything you will need to have with you for your Bronze DofE Expedition.

The correct kit is required for many reasons, but mainly safety. You will be invited to bring your kit in to be checked by the Expedition Supervisor (Gaz Plunkett) before we undertake the full expedition in May. If you are unsure about any of it, please just ask or alternatively, email us.

Remember to ask friends or family as they may have something you can borrow.

If there is anything you think you may struggle to get hold of, please let us know as we may be able to help.

There is also lots of helpful advice and guidance available on the DofE website:

<https://www.dofe.org/shop/dofe-expedition-kit-list/>

Please be aware that on their website they endorse kit and equipment from certain retailers. We would encourage you to look at alternatives, such as Vinted or Facebook Marketplace – or in terms of retailers, then you could look at Mountain Warehouse, Sports Direct or Trespass.

Please also remember that NO MOBILE PHONES are allowed on the expedition. You may bring an MP3 player or similar with music but this can only be used at the campsite in the evening.

Rama Life accepts no responsibility for loss or damage to any items during the expedition. Participants are responsible for their own kit, as well as any shared/borrowed kit.

We will be making sure that there is access to toilets at points on the route for both the practice and full expedition. That said, it is still important to take the various bits of 'toilet-related' equipment in case it is needed and to get an understanding of how this would work.

Equipment			
Item Needed	Notes	Got it	Packed
Rucksack	Between 50-70 litres. It should not weigh more than ¼ of your body weight when it is full.		
Rucksack liner or dry bags	A rucksack liner can be a rubble sack or a very strong bin liner. Alternatively you can use several smaller dry bags or very strong plastic bags (which will help you to organise your kit more easily too). Your spare clothes and sleeping bag MUST be protected from water.		
Sleeping bag (sleeping bag liner is optional)	Ideally, a 2-3 season one. Sleeping bag liners are optional for adding extra warmth.		
Sleeping mat	Either a roll mat or inflatable		
Whistle	This can be attached to your rucksack. It is used for attracting attention in an emergency.		
Torch (and spare batteries)	A head torch is the preferred option as this keeps both hands free		
Personal first aid Kit	MUST include blister plasters, plasters, antiseptic, steri-wipes and disposable latex/nitrile gloves. It should also include some bandages, some dressings and some treatment for bites and stings. Pain killers can be carried, but please tell a Leader before you take any.		
Snacks	A variety of lightweight and high energy snacks e.g. trail mix (check for any allergies e.g. nuts in your expedition group first)		
Water bottle or platypus	Minimum 1 litre, preferably 2 litre.		
Cutlery	Robust knife, fork & spoon (we don't want it breaking)		
Plate/bowl	Plastic or metal		
Mug	Plastic or metal		
Box of matches (in waterproof container)	This is for lighting fires. Lighters can be brought instead if preferred.		
Wash kit/personal hygiene items Remember to pack what you need – i.e. you don't need a whole big pack of wet wipes or a family sized toothpaste! Think smaller and pack with care.	There are no showers at the campsite so you will not need shower gel or shampoo. However, it is still important to keep clean so don't forget to pack some deodorant and wet wipes/soap & flannel. You will need your toothbrush and toothpaste as well. You may wish to include insect repellent and after sun (depending on the weather). Include any personal medication required e.g. antihistamines, spare inhalers etc. Sanitary items if required.		
Suncream	Make sure this is a sensible SPF		
Sunglasses	And the case, so they are protected in your bag.		
Towel	Small and lightweight		
Watch	To ensure you get to checkpoints on time. Remember you won't have your phone so a watch is essential.		
Notebook & pen/pencil	In a sealed waterproof bag		
Toilet paper	Ripped into sheets and stored in waterproof bags		
Antibacterial hand gel			

Poo bags/large ziplock bags for toileting			
Head/neck scarf	This is optional		
Book/playing cards/ball for campsite	Optional		

Clothing			
1 pair of walking boots	These MUST be broken in before the training and expedition. Can be leather or fabric but must be waterproof and should ideally cover the ankle for support.		
2 pairs of walking socks	Not just normal socks. Walking socks will offer more 'padding' and so blisters will be minimalised and they will also provide more moisture protection.		
Jacket/coat	Must be waterproof and windproof. Must have a hood.		
Waterproof trousers			
Remember – clothing should be warm, quick drying and lightweight. Also, lots of thinner layers are better than just one big layer!			
2 fleece tops	'Technical' fabric, not cotton or hoodies if possible.		
2-3 T-shirts (thermal optional)	'Technical' fabric not cotton if possible		
2 pairs walking trousers	Not jeans		
1 pair of shorts	Optional		
Underwear			
Nightwear			
Flip flops/sandals for campsite			
Warm hat			
Sunhat			
Gloves			

Group Kit - to be decided by the group in terms of who is bringing what			
Food	Enough for each day plus some emergency spare		
Tea Towels			
Rubbish Bag			
Camera (dependant on group aim)	We suggest a		
Washing up liquid and cloths	Supplied by Rama Life		
Trowel	Supplied by Rama Life		
Tent	Supplied by Rama Life		
Stove and Fuel	Supplied by Rama Life		
Cooking Pans	Supplied by Rama Life		
Map	Supplied by Rama Life		
Compass	Supplied by Rama Life		
Survival Bag to include emergency phone	Supplied by Rama Life		