



Gold Expedition Kit List

This is to be used as a guide only. Quantities of some items depend on level and duration of expedition. All DofE participants get Cotswolds Outdoor Shops discount card with DofE Welcome Pack.

Provided by Pupil

Personal Clothing	Number	Notes
Boots	1	Ankle supporting
Walking Socks	2 - 4	Good quality (eg. Bridgedale)
Trousers	2	Quick drying, no jeans
Thermal t-shirt / long sleeved top	2	Wicking material, non cotton
Fleece / warm jumper	2	
Woolly Hat / Sun Hat	1	
Snood/ neck scarf	Recommended	Brand - Buff
Gloves	1	
Underwear		
Nightwear	1	
Gaiters	Recommended	

Personal Items		
Head torch and spare batteries	1	LED type recommended
Toothbrush & toothpaste	1	
Small wash kit	1	Wet wipes are ideal.
Watch	1	
Note book and pencil	1	
Water bottle	1	
Personal medication	Please inform supervisor	
Small First Aid Kit	Plasters, blister pads etc.	
Sun cream	If appropriate	
Small quantity of money	Optional	
Comfort food	Chocolate, biscuits, sweets etc.	

Provided by School

Personal Items –		
Waterproof Jacket	1	
Waterproof Over-trousers	1	
Rucksack	1	
Waterproof rucksack liner	1	50 litre
Survival Bag	1	
Sleeping Bag	1	3 season
Sleeping Mat	1	
Cutlery	1 set	
Mug	1	

Group Kit – To carry between the team	
Tents	2/3 man tents
Stoves	Trangias – 1 between 2/3
Stove Fuel	Gas canisters – 1 per Trangia + 1 spare
Scourer	
Maps	1:25000
Map cases	
Compass	
First Aid Kit	
Trowel	