

Duke of Edinburgh Award – Lake District Equipment Sheet

All equipment taken on an expedition needs to fit in a rucksack and be carried. Therefore very careful thought needs to be given to the weight and size of everything taken. Unessential items should be left at home. **If you arrive without the necessary equipment you may not be allowed to come on the expedition and this might mean the rest of your group will have to stay behind.** Be prepared!

You will need:

- Appropriate waterproof walking shoes or boots. (trainers are **not** appropriate as they will get wet instantly and you will be miserable)
- Waterproof clothing. (if you get wet your life could be at risk and you will be miserable)
- An ultra lightweight day bag – (a string bag that can be thrown over the shoulders is good).
- Appropriate and sufficient clothing. (Avoid cotton based clothing and jeans)
- Woolly hat and waterproof gloves. (Even in the summer it gets cold at night)
- Sun cream (let's be optimistic) and a sun hat.
- Food. (please see food sheet).
- Snacks. (Nutri-Grain Bars, chocolate bars, Kendal Mint Cake, biscuits, sweets etc.)
- Drinks. (cuppa soups and hot chocolate sachets are good)
- Plastic cutlery. (it weighs less than metal cutlery, get it from the canteen!)
- A plastic plate and a cup. (you can eat out of your mess tin but you'll need a cup)
- Water bottle or bottles with a combined capacity of at least 1 litre. (old drinks bottles are good for this)
- Small wash kit and towel.
- An LED head torch (small and lightweight with a fresh batteries)
- Matches or a lighter.

The following equipment can be provided by the school although it would be useful if you had your own. If you need school equipment please let me know as soon as possible so that I can prepare it for you.

- A Tent or Tents to sleep your entire group.
- Framed rucksack with waist belt.
- First Aid Kit and Radio.
- Approved Camp Stove and fuel.
- A survival bag.
- Sleeping bag.
- Bed roll or sleeping mat.
- Mess Tins. (for cooking in).
- Dry Bags (to keep your kit dry inside your rucksack when it rains – Rucksacks are **NOT** waterproof)

You might like to consider the following **Luxury items** (available from complete outdoors):

- Waterproof "SealSkinz" socks.
- Light weight travel towel.
- Light weight, quick drying, Multi-pocketed Hiking Trousers.
- Base layer clothing
- Micro Fleeces