

KIT LIST FOR DUKE OF EDINBURGH EXPEDITION

- Medium sized rucksack*
 - Roll mat*
 - Torch plus spare batteries
 - Survival bag*
 - Emergency whistle, silva compass*
 - Decent quality sleeping bag
 - Water bottle*
 - Knife, fork, spoon
 - Plastic bowl and mug
 - Rucksack liner/bin liners/plastic bags
 - String, spare laces, pen, pencil and paper
 - Matches (waterproofed)
 - Food (as per menu)
 - Emergency ration pack - chocolate and high energy bars
 - Personal medication & first aid kit
 - BASIC wash kit
 - Spare underwear
 - Book/playing cards
 - Fully charged mobile phone (if you have one)
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- Waterproof anorak and trousers
 - Walking boots
 - 2 pairs Lightweight walking trousers and/or shorts
 - 2 x t-shirts, light-weight top
 - 2 x medium layer
 - 1 x fleece or thick jumper
 - 3 x thick, walking socks
 - Hat, gloves
 - Trainers (optional)

* Items marked with a star can be borrowed from the school, if necessary.