

Duke of Edinburgh's Award Expedition Kit List

Clothing

Shoes

- 1 pair of walking boots/shoes
- Extra footwear (such as trainers. Wellies can be useful depending on weather).
- Flipflops/crocs/slippers (optional for use at campsite)

Expedition clothing

Generally polyester clothing is best as it dries quickly.

- *Walking trousers (or something appropriate for outdoor expedition – n.b. jeans and joggers are not appropriate)
- *Fleece tops
- *T-shirts
- Waterproof coat
- Waterproof trousers
- Warm hat
- Gloves

Evening clothing

- *Joggers/leggings
- *T-shirts
- *Jumpers
- Nightwear

Other

- Underwear (1 set for each day of expedition)
- Walking socks (1 pair for each day of expedition)

Personal Kit

- Day rucksack – should be large enough to fit in 2 litres of water, lunch, snacks, hat, suncream, waterproof trousers and a waterproof coat.
- Water bottles – 2 x 1litre bottles
- Sun cream
- Torch
- Wash kit and toiletries
- Towel
- Roll mat
- '3-season' sleeping bag – Expeditions in late winter and early spring can still be very cold at night. A '3-season' sleeping bag should be warm enough to sleep in down to 0°C.

Please bear in mind that expedition days can be 6-8 hours long. With toilets few and far between, you might want to consider purchasing something like a [Whizzer](#) for portable toileting options (please practice using it well before the expedition).

*quantity as appropriate for length of expedition