



Kit Lists

Duke of Edinburgh

The Kit List below is a guide to equipment you might need for your Duke of Edinburgh expedition. Depending on your specific expedition there may be items below that you do not need or necessary items that are not on the list.

Kit List – Personal Kit			
Footwear		Cooking Equipment	
Walking Boots		Plate/bowl	
Trainers/Sandals/flip-flops		Mug	
Walking Socks (2 pairs)		Cutlery	
Liner Socks (2 pairs)		Small pocket knife or multi-tool	
Gaiters		Matches	
Clothing		Wash-Kit	
Top		Towel	
Waterproof Jacket		Personal Hygiene Items	
Fleece Top (2)		Toilet roll/tissue packs	
Breathable t-shirts (not cotton) (2/3)		Antibacterial Hand Wash Gel	
Thermal Top (1)		Sun Cream	
Legs			
Walking Trousers – Not Jeans (2 pairs)		Safety Equipment	
Waterproof Trousers		Emergency Survival Bag	
Shorts (1)		Whistle	
Underwear		Mobile Phone in waterproof case	
Accessories		Emergency Energy Food	
Warm Hat		Personal First Aid Kit	
Sun Hat with peak			
Waterproof Gloves		Other Equipment	
Other		Watch	
Night Wear		Spare Boot Laces	
Personal Equipment		Optional Equipment	
Rucksack 55-65 Litre		Hydration bladder	
Heavy-duty rucksack liner or tough plastic bags.		Sun glasses	
Sleeping Bag		Insect repellent	
Sleeping Mat		String	
Sleeping Bag Linner		Water purifying tablets	
Waterproof Bag for sleeping bag		After sun	
Water Bottle (1-2 Litre)		Emergency light sticks	
Torch and spare batteries		Shewee	
		Camera	

Personal First Aid Kit:			
At least 2 pairs of disposable vinyl (latex-free) disposable gloves		An individually wrapped sterile unmedicated wound dressing	
A large individually-wrapped sterile unmedicated wound dressing		An assortment of individually wrapped sterile unmedicated adhesive dressings (e.g. Melolin squares)	
An individually wrapped triangular bandage		2-3 individually wrapped antiseptic wipes	
Assorted adhesive plasters (e.g. zinc oxide, fabric strip, waterproof)		Large safety pins	
Crêpe bandage		Small pair of safety/medical scissors	
Microporous (medical) adhesive tape (or fabric adhesive tape)		A pair of tweezers	
Blister plasters/blister kit		Chiropody felt	
Burns wound dressing		Eye wash (can also act as a wound wash)	

Kit List – Group Kit			
Camping & Cooking		Other Items	
Tent(s)		Tick Remover	
Camping stove		Group Shelter	
Camping fuel		Plastic Rubbish bags	
Cooking pans		Tin Opener	
Pan scourers			
Food – lightweight and high energy			
Navigation			
Map and spare			
Map Case			
Compass (2)			

If you have any questions or would like further advice on what to pack please do not hesitate to contact us. Our friendly staff are on hand 7 days a week and happy to offer help and advice.

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