



# Bowdon Parish's EXPEDITION KIT LIST

Based upon the official DofE Kit List, this version is tailored to reflect the training Bowdon Parish has provided and the Group Kit that has been purchased through kind donations.

We want DofE to be accessible to everyone. Please speak to Will Sudworth privately if you are struggling financially as additional support for big items may be possible.

## PACKING YOUR RUCKSACK

Emergency rations at the very bottom, items needed only at night-time next. Things you will need throughout the day must be accessible, such as in pockets or in the lid. Heavier items are better towards the centre of the rucksack to help keep the pack stable. Try it on several times to ensure that nothing is sticking in your back or causing you to overbalance.

The DofE guidance is that your pack should be no more than a quarter of your weight, though many young people carry more than this. If you don't pack it, it won't be carried for you, unless you have a special medical concession.

## PERSONAL CLOTHING AND EFFECTS

We suggest a layering system for flexibility comprising base, mid and outer layers. The kit-list assumes that one set of clothing is worn and a complete spare outfit is carried in a waterproof bag in your pack.

Got It	Packed	Item Needed	Notes
		1 pair walking boots <i>Available for hire*</i>	Waterproof and with ankle support and broken in. Check that they still fit 2 weeks before.
		2 pairs walking socks	Specialist cushioned walking socks made from a blend of wool and man-made fibre. NOT school-type nylon sports socks which rub.
		2 base layers	Technical wicking T shirt in man-made fibre or merino wool. No cotton as can be very cold when wet. 1 technical T shirt and 1 long sleeved thermal top preferably in a light colour would be a good combination. Football shirts are made of the right material and are good to use.
		2 mid layers	E.g. fleece tops
		2 pairs walking trousers	Polyester quick-drying fabric NOT jeans or cotton. Tracksuit-type trousers (not thick cotton type) or synthetic leggings are fine. Shorts or synthetic leggings an option instead of one pair of trousers if forecast is good though be aware that some expedition routes go through lush vegetation (i.e. nettles)
		Underwear	
		Nightwear	OPTIONAL. You can sleep in a T shirt and underwear if you want to keep pack weight down
		1 waterproof and windproof jacket	This is your outer layer
		1 pair waterproof over trousers	Look for big ankle zips that allow the over trousers to be slipped on without the need to take boots off.
		Gaiters	OPTIONAL particularly for gold and silver if travelling through rough and/or boggy ground
		Walking poles	OPTIONAL for steeper ground (gold or silver) or for anyone with weak ankles or knees.
		1 pair flip-flops or lightweight plastic/rubber sandals	OPTIONAL. To wear on the campsite during the evening. It's a good idea to let your feet breathe after a day in boots and socks, especially if you've had wet feet.
		1 sunhat	Absolutely essential especially in strongest UV light in May, June, July
		1 beanie type hat	Thinner in warmer summer conditions; thicker for cooler spring and autumn conditions
		1 pair gloves	
		1 watch	Inexpensive. You will need this as you won't have a mobile phone to check the time on.
		Sunglasses	OPTIONAL. Plus cleaning cloth and case
		Hair scrunchy	For long hair only - essential to tie back hair when cooking near open flame
		1 plastic bag	e.g. shopping bag. For rubbish or other bits and pieces as you travel.
		Handkerchief/tissues	OPTIONAL
		Toilet paper	Small stash
		Suncream SPF30+ Lip salve SPF 30+	Nivea Kids pocket size bottle is handy and lightweight but check weather forecast as more maybe needed for expeditions if weather is good.
		Insect Repellent	OPTIONAL - check with Expedition Supervisor. Smidge brand is good; Avon Skin So Soft natural oil spray or Citronella essential oil are alternatives
		Midge Hood	OPTIONAL
		Personal medication	<b>Please note that if you haven't got the medication to treat conditions you've declared on your consent form, (e.g. asthma inhalers) you may not be allowed to do the expedition.</b> You must pack medication that you take regularly or that is required based on conditions declared on your consent forms e.g. asthma inhaler, EpiPen, antihistamine, other prescription items. Please also bring for your own use blister kit and a few antiseptic wipes and ordinary plasters. You may also wish to bring (with a parent or guardian's permission) the following: a few paracetamol and/or ibuprofen tablets; small tube antihistamine insect bite cream; a few diarrhoea tablets (e.g. Imodium); a few rehydration sachets or glucose tablets; small tube antiseptic cream. <b>Please don't rely on the blister kit and plasters that we include in the Team First Aid kits we provide as group kit (see later).</b>

\*Please see "For Hire" form and be aware of the order deadline. At least a week's notice please- issued on a first com first served basis. Hired kit will be provided at the same time as "Provided Group Kit"

## PERSONAL RUCKSACK AND CAMPING KIT

PLEASE DO NOT pack your mobile phone unless there is no other way for you to have a camera AND you are willing to take out and leave the SIM card at home. **ANY NON-CAMERA USE OF A PHONE WOULD RESULT IN YOU BEING INVITED TO DO YOUR EXPEDITION AGAIN ANOTHER TIME.** It is part of the DofE philosophy that you must be out of contact with the world - even with parents - from start to end. A special mobile phone will be provided to you as a team to use only in an emergency, together with the contact numbers you would then need. We recommend non-phone cameras are taken for your Expedition Projects.

Got It	Packed	Item Needed	Notes
		Rucksack 60-70 litres <i>Available for hire*</i>	e.g. Vango Contour 60+10. Bowdon Church has these to hire. Unless you intend to use this item outside of DofE then we strongly recommend you to hire it to keep costs down. Check weight & size. Most rucksacks come in 3 different sizes
		Waterproof rucksack cover and/or liner	OPTIONAL.
		2 waterproof bags	For your sleeping bag and spare clothes. Proper dry bags are best but strong plastic rubble sacks are OK
		1 litre minimum size sturdy screw cap water bottle	Check that screw cap does not leak. Nalgene type clear plastic bottles are good as have calibrated measurements on the side, handy for camp cooking.
		Personal Food	Bring your own packed lunches and daytime snacks for 2 days (bronze); 3 days (silver); 4 days (gold). Refer to team's Food Plan. Shared breakfasts and evening meals are dealt with in the Group Kit section of the checklist below.
		Emergency rations	About 500Kcals worth separately packed and labelled and stored in the bottom of your pack never to be used we hope. Your official DofE Assessor may ask to see this and you may be asked to re-do your Expedition if you can't produce it (or have eaten it...)
		Mug, bowl and plate	Plastic is cheap and lightweight.
		1 set camping cutlery	E.g. a "Spork"
		Sleeping mat <i>Available for hire*</i>	As light and as non-bulky as possible. Karrimat type inexpensive and functional or Thermarest semi-inflatable type – comfortable but more expensive. e.g. Hi Gear Traveller Sleeping Mat
		Sleeping bag <i>Available for hire*</i>	Mid weight 2 or 3 season type, synthetic or down filling with compact stuff sack or compression straps to reduce volume. E.g. Vango Ultralite 600 (5degree) <b>DON'T FORGET TO PACK IT IN A WATERPROOF BAG SEE ABOVE</b>
		Camping Pillow	OPTIONAL. A folded fleece can be used as a pillow to keep pack weight down
		Wash kit	Keep it small and keep it minimal and pack in a re-sealable airport style plastic bag i.e. just a toothbrush, a single piece of dental floss, sample size toothpaste, tiny hotel-type bottle of liquid soap and tiny bottle of moisturiser. Wet wipes and antiseptic hand gels are also useful.
		Camping towel	Small camping towel e.g. LifeVenture or Packtowl
		Torch	Head torch with LED bulbs recommended. Fit with new batteries before your expedition.
		Emergency money	£5 note. Only to be used in an emergency whilst on the expedition but then to be used for ice-creams at the end (and they will taste sooooo good!)
		Paperback Book	OPTIONAL . Bedtime reading

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## GROUP KIT - TEAM MEMBERS TO PROVIDE & POOL TOGETHER TO SAVE WEIGHT

Got It	Packed	Item Needed	Notes
		Small notebook and pencil; non-phone camera; anything else required for Expedition Project	The expedition project, e.g. a litter survey, will be agreed and planned in advance with the team's Mentor. Equipment required might be notebooks and pencils, sketch pads and coloured pencils or paints, camera etc.
		Group Food	Shared breakfasts, evening meals and soup/drinks as per team's Food Plan. Personal packed lunches and daytime snacks are dealt with in the Personal Rucksack and Camping Kit section of the checklist above
		1 small drying cloth per cooking group	For drying your pots after cooking and eating. Not a linen tea-towel. A small micro-fibre cloth would be a good choice.
		3 bin bags	Handy for all sorts of things
		Pack of cards, Frisbee	OPTIONAL. Campsite evening entertainment

## GROUP KIT - PROVIDED BY BOWDON PARISH

This kit has been provided thanks to the kind donations from local businesses and individuals. Please contact Will Sudworth if you can support further expeditions in this way or help us to purchase a pool of personal kit making DofE accessible to all.

These items need to be collected at your team's expedition pre-meeting and kit check, which will normally be the Tuesday or Wednesday before your expedition weekend.

Got It	Packed	Item Needed	Notes
		Tents	To be divided between the team
		Trangia cookset	2 per team; each cookset comprises an integrated burner, windshield, 2 pans, lid, handle. Scissors, lighter, small bottle of Eco washing up liquid and scourer are also packed with each cookset
		Gas cylinder	Check quantity to be packed with your Expedition Supervisor
		1:25,000 maps	Check quantity to be packed with your Expedition Supervisor
		Map cases	2 or 3 per group
		A3 waterproof map sheets and routecards	2 or 3 sets per group
		Compass	2 or 3 per group
		Emergency Kit	Packed in red waterproof stuff sack: Emergency Contents: instructions laminated card; casualty and rescue request cards; permanent pen; survival bag; foil blanket; bootlace; whistle; tent pole repair sleeve; 50cm duct tape  Standard Small First Aid Kit: Primary care leaflet, scissors, tweezers, safety pins, tick remover, non-latex gloves, medium 5x5cm dressing pad, 4 gauze swabs, crepe bandage, woven bandage, tape, plasters (2 square   5 strips   1 large), 2 oval blister plasters, 3 or 5 steristrips, 4 antiseptic wipes  Contents list, printed on waterproof paper
		Large First Aid Kit	A Large First Aid kit comprises a red waterproof stuff sack marked with a cross containing a Standard Small First Aid Kit (contents listed above) plus the following items:  Manual, 2 eye/wound wash saline, medium burn dressing, triangular bandage, large 10x10cm dressing pad, large breathable dressing.  Contents list, printed on waterproof paper
		Emergency Mobile Phone	To be packed as part of the Emergency Kit and stored within the red waterproof stuff sack
		High visibility jackets	2 per team. Provided by Bowdon or our Expedition Provider

## ADDITIONAL KIT REQUIRED FOR GOLD EXPEDITION TEAMS

The Gold Expeditions are in wild country for a longer time period, and therefore these additional items are required:

Got It	Packed	Item Needed	Notes
		Trowel	One per group if wild camping
		Supply of small plastic bags	e.g. nappy sacks or dog poop bags - to carry out toilet paper if wild camping
		Pocket tool	One per group – e.g. Leatherman or Victorinox. Blade should not be sharply pointed and should be less than 3" long.

## PROHIBITED ITEMS - DO NOT BRING

There is a zero tolerance policy on these items:

1. SIM enabled mobile phones other than the one provided by us in the Group Kit
2. Knives (except for pocket tool carried by gold expedition teams)
3. Alcohol or Drugs
4. Age restricted items

## PERSONAL KIT HIRE

Please complete this sheet to hire items from Bowdon Church:

Name of Borrower.....

Award Level (Bronze/Silver/Gold).....

Tel no.....

Email.....

Training Date (Silver/Gold Only).....

Practice Expedition Date.....

Qualifying Expedition Date.....

<u>ITEM</u>	<u>£10 Returnable Deposit</u>	<u>£5 Hire for Training (Silver/Gold)</u>	<u>£5 Hire for Practice Expedition</u>	<u>£5 Hire for Qualifying Expedition</u>	<u>Total £</u>	<u>Size/Comments</u>
<u>Rucksack</u>	£10 +	+	+	=		
<u>Sleeping Bag</u>	£10 +	+	+	=		
<u>Sleeping Mat</u>	£10 +	+	+	=		
<u>Walking Boots</u>	£10 +	+	+	=	_____	
				<b>TOTAL £</b>	_____	

Please enclose cheque for full amount including deposit

*It is the individual person's responsibility to take care of equipment hired. Your deposit will not be returned in the event that the item is damaged.*

*Cheques for the Hire of equipment to be made payable to 'Bowdon Parish DofE'.*

*We will arrange for the Hired Kit to be given out with our Church Provided Group Kit. Personal Kit is hired out on a "first-come-first-served" basis.*

Signed/mailed as agreement to the above conditions.....

Date.....

Please provide in email or physical form to Aileen & Angus James (our Kit Managers who have a pigeon hole in the Parish Office), on [dofekit@bowdonchurch.org](mailto:dofekit@bowdonchurch.org)