



Duke of Edinburgh Bronze Gear List

Tick each item as you pack it:

- Backpack (65-75 litre capacity)
- Pack liner or waterproof bags
- Sleeping Bag
- Bed Roll (if attached to the outside of your backpack it must have a waterproof covering e.g. a black plastic rubbish bag)

- Waterproof Jacket**
- Over Trousers
- Thermals (2 sets of Polypros: Long Sleeve Top, Polypro Bottom and/or Fleece Pants)
- Tee Shirt (Synthetic, Quick Dry)
- Shorts (Synthetic, Quick Dry)
- Warm Jumper (e.g. Wool or Fleece, no cotton)
- Spare Jumper (e.g. Wool or Fleece, no cotton)

- Woolen Hat or Beanie/Balaclava**
- Warm, Thick Socks
- Underwear
- Gloves
- Jandles
- Tramping Boots

- Small 1st Aid Kit (include **Personal Medication**, plasters & strapping tape)
- Personal Toiletries (think small! Toilet paper, baby wipes, hand sanitiser, sunblock)

- Map (*Bigfoot will supply*)
- Compass
- Torch** & spare batteries
- Watch

- Drink Bottles or Water Bladder (minimum 2 litres)**
- Tramping Food (think healthy, light-weight and non perishable with loads of energy)
- Emergency Rations
- Plate, Mug and Utensils
- Plastic Bags for Rubbish etc

- DoE Bronze Book in 2 resealable plastic bags** (to be signed off at completion of tramp)

- Camera in Waterproof cover (optional)

Group Equipment:

- Cooker & Fuel
- Cooking Pot / Billy
- Washing up equipment (e.g. film canister of biodegradable detergent & sponge)

- Tent (between 2-4 people)

IMPORTANT:

- Your tent groups will be the **same** groups that you will be cooking in.
- Please **do not** bring any electrical items such as ipods, cd players etc. These are likely to get ruined in the environmental conditions. It is not acceptable practice to use these items for the duration of the trip.