



Duke of Edinburgh Gold Equipment List

Tick each item as you pack it

Individual Equipment:

- Backpack
- Pack liner or waterproof bags
- Sleeping Bag
- Bed Roll (must have a waterproof covering)

- Waterproof Jacket**
- Over Trousers
- Thermals (Polypros: Long Sleeve Tops, Polypro Bottom and/or Fleece Pants)
- Tee Shirts (Synthetic, Quick Dry)
- Shorts (Synthetic, Quick Dry)
- Warm Jumper (Wool, Fleece or Synthetic)
- Spare Jumper (Wool or Fleece)
- Woolen Hat or Beanie/Balaclava**
- Warm, Thick Socks
- Underwear
- Gloves
- Jandles
- Tramping Boots
- Gaiters (optional)
- Walking Poles (optional)

- Personal Toiletries (think small!)

- 1st Aid Kit (include **Personal Medication**, strapping tape & plasters)

- Survival Kit (include survival blanket and fire lighting equipment)

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

Drink Bottles or Water Bladder (minimum 2 litres)

- Tramping Food
- Emergency Rations
- Plate, Mug and Utensils
- Plastic Bags

DoE Gold Book in 2 resealable plastic bags

- Camera with 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)

- Communication Device
- Route Card
- Risk Management Card
- Pencil & Paper
- Small Spade / Trowel
- Rope

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.