

Gold Duke of Edinburgh Kit List

Section 1: Clothing		
ITEM	GOT IT	PACKED IT
1 pair of walking boots (broken in)		
4 pairs of walking socks		
2 pairs of sock liners (optional)		
3-4 t-shirts (Avoid cotton if possible)		
Thermal t-shirt (optional)		
2 walking trousers (warm, NOT jeans)		
Underwear		
Nightwear		
Flipflops/trainers/sandals (optional for campsite use)		
Warm hat & or sunhat (as appropriate)		
1 pair gloves (If appropriate)		
1 pair of shorts (if appropriate)		
Waterproof over-trousers		
Waterproof & windproof jacket		

Section 2: Personal		
ITEM	GOT IT	PACKED IT
Rucksack (60-65 Litres)		
Rucksack Liner (or 2 strong bin liners)		
Sleeping bag		
Sleeping mat		
Sleeping bag liner (optional)		
Survival bag		
Whistle		
Head torch		
Personal first aid kit/medication		
Personal expedition food (if not arranging with team)		
Emergency rations		
Water Bottle (2 litres)		
Knife/fork/spoon		
Plate/bowl		
Mug		
Wash Kit/personal hygiene items		
Sun cream		
Towel (Small or Microfibre)		
Emergency Money (About £5 in cash is recommended)		

Section 3: Team Equipment (As a team you need the following not individually)		
ITEM	GOT IT	PACKED IT
Watch (Minimum 2 per group – Phones will be sealed)		
Notebook and pen/pencil		
Matches/lighter (in a waterproof/Ziplock bag/container)		
Expedition food (If arranging as a team)		
Washing equipment (Sponge, Scourer, Washing up liquid)		
Camera (Phones will be sealed during the expedition)		
Supplied by Pringle's Peaks		
Compass		

Tents		
Stoves and Gas		
Maps		
Group first aid kit		

For more information and expert advice about expedition kit, hints and tips, money saving ideas and videos visit

<https://www.dofe.org/shopping/dofe-recommended-kit/>

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