



CRANBROOK EDUCATION CAMPUS

The Duke of Edinburgh's Award BRONZE Expedition Kit Guide



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Introduction

Welcome to the Expedition Kit Guide. This guide is one of two documents created to support your training and help you to prepare for the Expedition Section of your DofE Award.

Although this booklet does not contain all the information you will need (hence the need for training sessions) it should act as a summary for you when choosing your kit

CEC Guides:

Expedition Kit Guide

Expedition Food Guide



Expedition Kit List

This kit list is a recommended kit for your independent practice and qualifying expeditions. You can bring kit that isn't on this list but please ensure they are not on 'the bad list'.

PERSONAL KIT (To Wear)

Mobile
Walking Boots
General Clothes (see 'General Clothes')

PERSONAL KIT (To Carry)

Rucksack
Black bag (to line rucksack) Sleeping mat
Sleeping bag
Personal First Aid Kit
Watch
Whistle
Torch & spare battery
Emergency food rations (NOT to be eaten until the end!) – i.e. Jelly Babies
Water bottle (1L-2L)
Eating Kit (Knife, Fork, Spoon, Plate, Bowl, Mug)
Personal Wash kit (Flannel, Toothbrush, Toothpaste)
Waterproof Top
Waterproof Bottoms
Emergency Only Spare Clothes
Suncream

Key

Kit provided by CEC

CEC has some of this kit available to borrow

GROUP KIT (to carry between the team)

Tents
Trangias
Fuel for Trangia
Safe fire lighting device (ie, Matches not standard cigarette lighters)
Washing Up Kit (Scourers, Washing up liquid, tea towel)
Maps (1:25 000)
Group First Aid Kit
Notebook & pen/pencil
Spare Plastic bags (for rubbish, wet clothes etc.)
Food



What Kit to buy?

The Kit list on the previous page is quite daunting, and if you were to buy everything brand new it would probably cost several hundred pounds. However, there is actually very little need to buy lots of brand new equipment and most people have perfectly suitable versions of most things already.

There are 3 main ways of accessing equipment:

- 1) Borrow from family/friends
- 2) Buy your own
- 3) Borrow it from CEC

Priorities

The two most important pieces of kit to do “properly” are:

- Footwear
- Rucksack

This is because unsuitable footwear or rucksacks often leads to injuries, causing participants to struggle when completing their Expeditions. It is worth getting a decent rucksack and boots if nothing else. Again, there are huge price ranges available for both of these items and we’ve put together separate guides in “Choosing Walking Boots” and “Choosing a Rucksack” so see those sections for details.

When deciding on which is the best choice you must first ask yourself:

- Will you ever use this item again, if so, how often?
- What is the price difference for each option?
- Do we have any other family members who may be able to use the equipment in the future?



The Bad List*

* These lists are not exhaustive. If you are not sure about an item, please ask your leader.

Below is a list of items which CEC will not allow participants to bring on an expedition:

- Jeans
- Any non-Rucksack style bags (ie, handbags, carry-alls, suitcases, etc)
- Umbrellas
- Any Electronic Devices (except Mobile Phones – See below)
- Pop up tents
- Portable Speakers

These items can be brought to the Expedition but will have set conditions listed below. The Centre will accept no responsibility for the loss or damage to any of the items listed below if brought:

- Trainers, Sliders and Sandals
not used for walking, can be used at the campsite
- Mobile Phones
must not be used for anything other than contacting staff at checkpoints, in the event of an emergency or for project work. Using it as a navigation tool, to play music or games or to access the internet in any way risks disqualification
- Portable chargers
Only acceptable to charge mobile phones



General Clothes

The following is intended as advice for DofE Bronze and Silver Award groups on UK based expeditions in typical summer conditions. You are not expected to buy lots of expensive kit. Remember, bringing too few clothes may mean you have to recycle old or dirty clothes, bringing too much may mean your bag becomes uncomfortably heavy. The choice is yours!

General Tips

- Clothing made from cotton should be avoided if possible as they hold on to sweat and other moisture, become heavy, can cause irritation and take a long time to dry.
- All participants must bring a spare emergency set of clothes, which are only to be used in emergencies.
- It is more convenient to take a few thin layers on an expedition rather than one thick layer as this allows for adjustment to different weather conditions.

Base Layers

A base layer is one that is worn next to the skin to help sweat move away from your body and keep your body temperature regulated. They should be light and made from material that is comfortable against the skin for long period of time.

- Examples are thermal tops and second skin clothing such as Under Armour.

Middle Layers

Middle layers are long sleeved tops that should be put on when you start to get cold and can be easily removed when you get too hot. Two or more middle layers are useful so that an extra layer can be added if needed. Middle layers mainly get used when teams stop for rests and removed once the team is walking.

- Examples are thin fleece and woollen jumpers and polyester shirts.



Trousers

Trousers should be strong and quick to dry. Some walkers like to wear tights, leggings or thermals under a baggier pair of trousers to help regulate sweat and heat. Wearing underwear that helps wick sweat away is also recommended to prevent any chaffing.

- Jeans, Cords or other Cotton products are not allowed
- Tracksuits and jogging bottoms are fine (but not shell suits)
- Tights and leggings are good for hot and cold weather, thermals should only be used in cold conditions
- Wearing leggings or shorts under baggy trousers means layers can be removed if needed

Outer Layers

This is the final layer you may wear. This is a protective layer that will protect you against the rain and wind. It is recommended that outer layers are fully waterproof and not just showerproof. All waterproof jackets must have a hood. Waterproofs should allow for sweat to evaporate from the body otherwise it will cause condensation inside the jacket and therefore not comfortable in summer conditions.

- Examples are waterproofs made from Goretex, though many types and brands exist.

Hats/Caps

Hats are amongst the most important yet least used item of clothing during an expedition. Your head loses the most heat and also takes in the most heat compared to any other part of the body and as it contains your brain can have a serious effect on your overall condition during an expedition.

For sunny weather you will want a hat that shields your eyes, nose and shoulders from direct sunlight. For wet weather you will want a cap that you can wear under your waterproof jacket hood to prevent water from running down your face.



Gloves

It is always advisable to carry a pair of gloves, even in good conditions. Gloves will keep your hands warm but also safe if walking through overgrown paths. Gloves made from Goretex are recommended due to their breathable yet waterproof nature.

Socks

It is recommended to take socks designed for walking expeditions on a DofE Expedition. You should bring one set of socks for each day you are away plus 1 extra set.

Socks should:

- Cushion your feet
- Wick moisture from your feet
- Regulate your feet temperature
- Reduce blister-causing friction
- Improve boot fit (but only very small amounts)
- Have flat seams (especially over the toes) to prevent hot spots
- Have elastic stretch so they hold to your foot and not slip

Cotton and Nylon socks should be avoided. Synthetic socks of acrylic, CoolMax, Ultimax, or other sports fabrics which wick away moisture from the foot are best.



Choosing Walking Boots

Boots are one of the most important pieces of kit. Unsuitable or poorly fitting boots can ruin your expedition.

There are several types of walking footwear available. See illustrations below.



For DofE Bronze Expeditions in typical summer conditions, you should use either walking shoes or mid-weight boots though heavy boots may be needed if going into areas or during times when there is heavy rainfall or strong chances of wet mud and bogs. Heavy-duty trainers may also be acceptable depending on the route.

For DofE Silver Expeditions in typical summer conditions, you should use either mid-weight or heavy boots as the terrain is more varied than for Bronze Expeditions.

When thinking about boots you should consider:

- **Boot Weight** - the lighter boot, the less work for your legs. Get as light as you can and still keep the support you need.
- **Water** - You want materials that will let perspiration escape but not let water come in. Water in your boot is uncomfortable and causes smelly feet and blisters.
- **Arch Support** - keeping your foot comfortable and supported under load is important. If the boot lets your foot flatten out, it will result in a painful hike.
- **Protection from Injury** - stubbing your toe and twisting your ankle are the two big ones. Ankle support is important as the terrain can become rough.
- **Load Support** - when you carry a load, the boot should protect your foot from bending too far forward or backward while still allowing an adequate range of motion.



Choosing a Rucksack

Rucksacks are available in many sizes, each with a wide range of features designed to suit different purposes. Everything you will take on your expedition will need to be kept in your rucksack. You will not be allowed to walk with carrier bags or other bags either in your hands or dangling from your rucksack. All items attached to the rucksack must be secured appropriately.

Capacity

In the UK a backpack (or daypack) will invariably be smaller and a rucksack will be larger. Both terms however are often used interchangeably. Backpacks are measured by the total capacity of all of the pockets in litres. This however might not mean a great deal when you are trying to decide if a rucksack is big or small enough for your needs. It is often easier to look at the actual measurements (perhaps even compare to a bag you already own) to get an idea of how big the backpack is. One of the main factors to consider when choosing a backpack or rucksack is what size/how big does it need to be. This will depend on:

- what you plan to use it for (eg. everyday bag or a week-long trip)
- how much you need to take (the bare essentials or kit for an overnight stay)
- your size and strength relative to the rucksack (smaller, slighter people may be better off with a smaller sized rucksack)

Generally speaking for a Bronze or Silver DofE Award expedition you will need a 60L-70L rucksack.



Remember the bigger your rucksack, the more you will want to pack, the heavier your rucksack will become.

Things to look out for:

- **Hip Belt**(Around 70-80% of the weight should sit on your hips)
- **Compression straps**(adjustable straps around the bag that can squeeze down a packed rucksack making it more compact and easier to carry)
- **Chest Straps** (a strap that runs along the bag at chest height that can be tightened to keep the rucksack close to your body)
- **Back Straps**(make the shoulder straps adjust so that the centre of gravity of the bag can move further up or down making a more comfortable fit)
- **Pockets and Compartments**(useful for organising items in your bag)
- **Rain Cover**(can you put on the outside of the rucksack to keep it dry in the rain. This does not remove the need for a waterproof liner inside the bag)
- **External Clips and Hooks** (useful for securing items to the outside of the rucksack)
- **Internal Frame** (this will give support to your back and help spread the weight. Do not choose a rucksack without a good, strong frame).



Choosing a Sleeping Bag

The right sleeping bag can make all the difference to a restful night's sleep whether you are camping in the UK summer or planning a winter adventure outdoors.

For all DofE Award purposes you want a sleeping bag that has good warmth and is light to carry.

Temperature Ratings

The temperature rating is the most important factor to consider when choosing a sleeping bag. The rating you choose will depend on where you will be using your sleeping bag and what temperature you are comfortable sleeping in. Ratings should be used as a guide only. Temperature ratings will vary from person to person, the way you sleep and how easily you feel the cold will have a bearing on which bag you choose. It's advisable to choose a sleeping bag that will provide more warmth than you may think is necessary.

Temperature ratings will usually be expressed in comfort and extreme ratings:

Comfort Ratings - The 'comfort' rating refers to the optimum temperature you will feel warm and comfortable sleeping in when in a rolled up position.

Extreme Ratings - The 'extreme' temperature rating is essentially 'the survival temperature'. Put simply, this is the very limit at which the bag will keep you alive without frostbite, or any other temperature related ailments.

Generally speaking for a Bronze or Silver DofE Award expedition most people feel comfortable with a 2 or 3 season sleeping bag



Things to look out for:

Baffles - Baffles are the compartments in the sleeping bag that hold the filling so it is evenly distributed.

Inner Linings - Fine nylon or polyester is the most common materials used for lining sleeping bags. Flannel or cotton are also popular for sleeping bag linings, although lightweight and breathable cotton traps moisture so isn't recommended for cold conditions.

Outer Fabrics - Outer shells are commonly made of nylon-ripstop is popular as it is highly durable. Dryloft is a water resistant, breathable fabric that is often used for sleeping bags.

Left & Right Hand Zips - Sleeping bags are available with the zip opening on the right and left hand sides. To make it easier to unzip when you are in it choose a bag where the zip opening is the opposite side to your leading hand. If you are right handed choose a left bag and if you are left handed choose a right bag.

Two Way Zip - A two-way zip is useful for easy opening when ventilation is required. Zips can be full length or just half way.

Zip Baffle - Heat can easily be lost through the zipped area of a sleeping bag, an insulated zip baffle (behind the zip) helps reduce heat loss.

Zip Cover - A zip cover (a piece of fabric that is normally fastened with velcro) covers the zip when the bag is fully zipped up helping to prevent the zip coming undone when asleep.

Hood - Much of your body heat is lost through your head, a shaped hood will help keep in heat. A draw cord closure allows you to pull the hood tight against your face for added warmth.

Draft Collar (or Neck/Shoulder Baffle) - An insulated draft collar (at the base of the hood) helps to stop body heat escaping from the bag and keeps out the cold around neck and shoulders. Most draft collars will have an adjustable draw-cord to tighten if necessary.

Inner Pockets - Normally found near the top of the bag. Handy for keeping valuables such as wallets and phones safely tucked away.

Stuff Sack - Mummy sleeping bags will come with a stuff sack with a draw string closure. Unlike a rectangular bag that can be folded a mummy bag should simply be stuffed into its bag. Compression straps help reduce the size of the packed bag.



Personal First Aid Kits

This is one piece of kit you hope never to have to use but cannot do without.

As everyone taking part in the DofE Award must be deemed First Aid competent, everyone must have their own first aid kit when going out on a DofE Award expedition. This means that there should be enough kit in the team to deal with most emergencies.

Essential Kit

A Personal First Aid Kit should include the following kit as a minimum (you can have more than the number of items stated):

- Non-Latex gloves
- Triangular Bandage
- Plasters or Blister Plasters
- Sterile Cleansing Wipes

Personal Items

If you take any medication then place it in your First Aid Kit or in a separate bag so that it does not get used by anyone else. It is also recommended that you inform at least one member of your team where they can find the medication in case you are not able to self-medicate and you must leave a spare with your DofE leader during an expedition. Medication that people usually take are:

- Inhalers
- EpiPen
- Insulin

The following items are not for medical purposes but maybe used for personal use only and should never be given to anyone when delivering First Aid. Some items people usually take are:

- Painkillers (such as Paracetamol),
- Anti-histamines (such as Piriton)
- Oral Rehydration Salts (such as Dioralyte)



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