

# Lupine Adventure Co-operative - Duke of Edinburgh's Award Kit List

## Personal kit

Req	Pkd	
		Walking socks
		T-Shirts (synthetic, technical T-shirts are best)
		Walking trousers (synthetic tracksuit trousers or leggings)
		Warm layer (jumper, fleece pullover or jacket)
		Underwear
		Pair of gloves
		Warm hat
		Sun hat
		Sun cream
		Personal medication & small first aid kit
		Watch
		Whistle
		Torch
		Spare batteries / or spare torch
		Notebook and pen / pencil
		Mobile phone (Check with your supervisor)
		Water bottle
		Food
		Emergency food rations
		Cutlery, bowl and mug
		Lighter / matches
		Small wash kit
		Towel
		Small amount of money for emergencies
		Toilet paper, dog poo bags & period products

## Personal kit, continued ...

Req	Pkd	
		Rucksack (65 litre capacity as a maximum)
		Sleeping mat
		Sleeping bag
		Sleeping bag liner (optional)
		Waterproof jacket
		Waterproof over trousers
		Pair of walking boots
		Trainers/flip-flops (optional)
		Small repair kit (gaffer tape, cable ties)
		Strong plastic bags / Bin liners (to line rucksack)

## Group kit

Req	Pkd	
		Tents
		Cooking stove
		Fuel for stove
		Group first aid kit
		Maps
		Compasses
		Survival bag
		Tea towel
		Washing-up liquid
		Pan scourer / J-cloths
		Plastic bags (for rubbish)
		Small trowel

