

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

