



DofE EXPEDITION

BRONZE EQUIPMENT LIST

Regardless of your past experiences, this equipment is the minimum required for DofE expeditions undertaken with Chase Training Solutions Limited and is based on the recommendations of the DofE. Items highlighted in **RED** are Mandatory

To Wear Walking

- 1 x pair Walking Boots (broken in) and spare laces
- 1 x pair Walking Socks
- 1 x pair Thin Socks/Sock Liners (optional)
- 1 x Thermal Top or T-shirt
- 1 x Microfleece/Sweater
- 1 x Walking Trousers (warm; NOT jeans)

Personal Kit (To Carry)

- 1 x Large Rucksack (approximately 65 litre capacity) CAN BE PROVIDED BY CHASE TRAINING SOLUTIONS OR THE SCHOOL IF NEEDED
- 1 x Rucksack Liner (or 2 x strong, large plastic bags)
- 1 x Sleeping Mat
- 1 x Sleeping Bag
- 1 x Waterproof Bag (Dry Store Bag) - for storing sleeping bag
- 1 x Sleeping Bag Liner (optional)
- 1 x Personal First Aid Kit (including personal medication)
- 1 x Whistle.
- 1 x Notebook and Pen/Pencil
- 1 x Torch, spare batteries
- 1 x Water Bottle/Carrier (e.g. Nalgene, Platypus or strong plastic)
- 1 x Knife, Fork, Spoon set/Spork
- 1 x Plate, Bowl, Mug set
- 1 x Small Wash Kit
- Toilet Paper (no wipes!)
- 1 x Small Towel
- Antibacterial Hand Sanitiser Gel
- Face Masks (optional)
- 1 x Insect Repellent (optional)
- Small quantity of money (optional)

Personal Kit (To Carry) - Continued ...

- 1 x Waterproof & Windproof Jacket
- 1 x Waterproof Over-trousers
- 1 x pair Underwear
- 1 x pair Walking Socks
- 1 x Thermal Tops or T-shirts
- 1 x spare Microfleece/Sweater
- 1 x spare Walking Trousers (warm; NOT jeans)
- 1 x pair of Trainers/Alternative Footwear (optional)
- 1 x Hat (warm)
- 1 x pair Gloves (warm)
- 1 x pair Shorts (if appropriate)
- 1 x Sunhat
- 1 x bottle of Sun Cream
- Food (small & lightweight) – Boil in the bag or dehydrated, i.e. Summit to Eat® or Wayfarer®

Team Kit to carry

- 2-3 tents (enough for all team members!) WILL BE PROVIDED BY CHASE TRAINING SOLUTIONS
- 2-3 Survival Bags
- Trowel/Pocket knife
- Washing-up liquid, Scourers and T-towel.
- 2-3 Camping Stoves (& fuel, in a safe container) WILL BE PROVIDED BY CHASE TRAINING SOLUTIONS
- 2 x – long nosed lighter - NOT cigarette lighter (sealed in a dry container or bag)
- Maps of the area (laminated/no paper)
- Map Case
- Minimum of 2 Compasses (Silva/Recta type)
- 2-3 x Cooking Pots (if not incorporated in stove e.g. Trangia®)
- Minimum of 2 wrist watches
- Minimum of 6 large bin liners (for rubbish, etc.)

