



# Romford District Scouts

## Duke of Edinburgh Support Team



### Expedition Kit List

This is a guide to the personal and group equipment you will need to complete your expeditions for the D of E awards. If you are unsure of anything, please talk to one of the leaders.

**TO WEAR  
WALKING**

1 x pair of Walking Boots (broken in) Approach shoes (Bronze only)	
1 x pair of walking socks	
1 x Thermal top / T-Shirt	
1x Sweater / Fleece	
1 x Walking Trousers / zip off optional (NO JEANS)	

**PERSONAL  
KIT  
(TO CARRY)**

1 x Large Rucksack (approx 55 – 65 litre capacity)	
2 x strong plastic bags (bin Bags) to line your rucksack	
1 x foam sleeping mat	
1 x Sleeping Bag (in a waterproof bag)	
1x Sleeping bag inner (optional)	
1x Personal First Aid Kit	
1x Watch	
1x Notebook & pen/pencil	
1x Torch & spare battery(e.g. Mini Maglite or headtorch)	
1x Water bottle (e.g. Sigg or strong plastic- 2litres)	
1x Knife, fork, spoon	
1x Plate/bowl/Mug	
1x Wash kit (small)	
1x Towel (small)	
1x Cagoule/coat (it must be waterproof and windproof)	
Underwear for each additional day	
Walking socks for each additional day	
Tee shirts for each additional day	
1x Spare sweater (woollen or fleece)	
1x Spare walking trousers (NOT jeans)	
1x pair of trainers or sliders (optional)	
1x Hat (warm)	
1x pair Gloves (woollen)	
1x Sunhat & sun cream (if appropriate)	
1x Thermal long johns (optional)	
1x Pair Gaiters (optional)	
1x Waterproof Overtrousers (essential for Wild Country)	
1x Emergency food rations (NOT to be eaten until end!)	
A substantial amount of food for Breakfasts, Lunches & Dinners	

**GROUP KIT (to  
carry between  
the team)**

1x Box of matches (sealed in a dry container or bag)	
1 x scourer / sponge	
1 x small bottle of washing up liquid	
1 x Tea towel	
1x Pack of cards (optional)	
5x Plastic Carrier bags (for rubbish etc.)	
Food (small & lightweight)	

**GROUP KIT (to  
be issued by D  
of E team and  
carried  
between  
the team)**

1-2x Tents	
1x Trangia Stove (& fuel)	
Maps (1:25 000)	
1 Compass (Silva type) & Whistle	
Map cases	

