



Romford District Scouts

Duke of Edinburgh Support Team



Training Weekend Kit List

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

**TO WEAR
FOR THE
WEEKEND**

1 x pair of Walking Boots or Approach shoes (broken in)	
1 x pair of walking socks	
1 x Thermal top / T-Shirt	
1x Sweater / Fleece	
1 x Walking Trousers / zip off optional (NO JEANS)	
1 x Pair of Shorts (Optional and weather dependant)	

**PERSONAL
KIT**

1 x Small Rucksack (approx 25 – 30 litre capacity)	
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	
Small quantity of money (For Emergencies Only)	
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 second day	
Walking socks for second day	
Tee shirt for second 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)	

For guidance on what equipment is suitable, please refer to the Expedition Kit Guide
www.romfordscouts.org.uk/wp-content/uploads/Expedition-Kit-Guide-February-2021-double.pdf

