



KIT/ PACKING LIST



Below you will find a kit list for Wildside Outdoors DofE Expeditions. More useful information can be found on our YouTube channel (Wildside Outdoors UK) and on our Event Resource System which you should have a login for.

ESSENTIAL KIT

You must bring these items with you on the expedition, or **you will not be allowed to start the expedition.**

- Waterproof Jacket (not water resistant)
- Waterproof Trousers (not water resistant)
- Waterproof Boots (must be ankle height and not Timberlands or Doc Martin style boots).
- Expedition Rucksack (At least 60L)
- 2 or 3 Season Sleeping Bag
- Sleeping Mat (Foam or self inflating, not yoga or pilates mat)
- Water bottles (total capacity 1.5L)
- Personal first aid kit, including medication
- Sun hat or warm hat
- Gloves

RECOMMENDED PERSONAL KIT

This is a not exhaustive list of what we recommend you bring on an expedition.

- Underwear - 1 per day, plus 1 spare
- Socks - 1 per day plus 1 spare
- Trousers/ leggings - can be worn for multiple days (Not cotton or denim!)
- Fleece or similar

- Warm layers (not cotton)
- Overnight wear
- Sunglasses
- Bowl
- Knife, fork and spoon
- Mug
- Roll mat (foam or self inflating)
- Torch
- Watch (with stopwatch)
- Whistle (may be on rucksack chest strap)
- Toiletries
- Closed toe comfy footwear for camp
- Hand sanitiser

REQUIRED GROUP KIT

This is the kit your group must have, but not everyone in the group has to have.

- Rubbish bags
- Survival bag
- First aid kit
- Suncream and insect repellent
- Washing up liquid
- Metal scourer for washing up

Food and nutrition will be covered on a separate sheet.