



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 (not Timberlands or Doc Martin style boots).
- ☐ Expedition Rucksack (At least 60L)
- ☐ 2 or 3 Season Sleeping Bag
- ☐ Water bottles (total capacity 1.5L)
- ☐ Personal first aid kit, including medication

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

- ☐ Sun hat or warm hat
- ☐ Sunglasses
- ☐ Gloves
- ☐ 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.