



# gilesadventure

## Bronze Duke of Edinburgh's Award Kit List

Got it	Packed it	Item needed	Additional comments / recommendations
		1 pair walking boots (broken in)	Must cover the ankle and lace up
		2 pairs walking socks	
		2 shirts	
		Fleece tops or coat	
		2 walking trousers	Important – NOT jeans
		Underwear	
		Nightwear	
		Trainers/sandals etc	For wearing around the camp after your walk
		Sunhat	A sunhat is an important part of your kit.
		Warm hat and gloves	In case it is cold or for evening
		1 pair shorts	Optional
		Suncream	A high factor please
		Knife, Fork & Spoon	
		Box of matches [in a waterproof container]	
		Torch	
		Watch	
		Emergency food rations	This can be a bar of chocolate, packet of nuts etc
		Water bottle [1-2 litres]	An empty squash or drink bottle will be fine.
		Toothbrush and Toothpaste	
		Assortment of plasters	
		Wet Wipes	
		Tea towel and scouring pads	So you clean your cooking equipment.
		2 Bin Liners	To put your rubbish into
		Rucksack liner (or 2 strong plastic bags)	Bin liners are suitable.

		Sleeping mat	<p>Can be borrowed from Giles Adventure.</p> <p>A requisition sheet for these items will need to be completed on the morning of the expedition.</p>
		Sleeping bag	
		Plate/bowl	
		Mug	
		Waterproof over-trousers	
		Waterproof Jacket	
		Rucksack	
		Walking Boots	

Food			
		1 <sup>st</sup> day: lunch and cooked evening meal	<p>As part of the training, students have been briefed about suitable food and cooking.</p>
		2 <sup>nd</sup> day: breakfast and lunch	
		+ snacks, drink (not Red Bull or similar)	

Tents, stoves and other camping items are provided by Giles Adventure. We are also able to loan many of the larger items of kit from our own stores.

If borrowing a rucksack from school, please bring all items in a bag and then transfer them.

Prescribed medication to be looked after by member of staff.