



Mountain Ash Expeditions

40 West Way
Broadstone, Dorset
BH18 9LS

Tel – 07711 843 879

Email – info@mountainashexpeditions.com

Bronze/Silver walking kit list

Your bronze expedition is held over two days with one night of camping and the silver expedition is over three days with two nights of camping. It is one of the 20 conditions of the DofE that you are properly equipped, please regard everything on this list as a requirement unless indicated otherwise. It is very easy to carry too much and take a heavy bag with you, this may spoil your expedition. Be very strict about what you take and where possible seek to share things amongst the team. Small savings in weight add up and makes a difference.

Item	Notes
Rucksack	Ideally this should have a capacity of at least 60 litres and be adjustable to achieve a comfortable fit. I can assist with rucksacks if you need.
Torch	A head torch is best but any will do.
First aid kit	One between two is fine.
Shorts	Shorts are not to be worn whilst walking due to the increased risk of injuries from, bites, stings sunburn. They may be worn at the campsite.
Boots/shoes/socks	Ideally when walking you should have some sort of boot or stout walking shoe. Socks play an important part in preventing blisters, try to avoid nylon socks.
Sweater/fleece	Ideally not cotton or wool as these materials do not dry easily once wet. A polyester fleece is ideal. Preferably no hoodies as if the hood gets wet it soaks through to the rest of your clothes.
Base Layer	Cotton is ok but more modern wicking or quick dry materials are far better.
Underwear	Enough for 2 or days
Trousers	One pair should be enough. Lightweight quick dry walking trousers are ideal.
Waterproof jacket	This is essential even if weather forecast says no rain
Waterproof trousers	These are essential even if weather forecast says no rain
Spare clothing	You must have a complete set of spare set of warm clothing in case of getting soaked. These should be wrapped up inside a plastic bag to keep them dry.
Warm hat and gloves	It can always be cold whatever the time of year especially in the mornings and evenings. Whatever the time of year for your expedition you must pack a warm hat and gloves.



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Sleeping clothes	A onesie works well or any light comfortable clothing. Clothes worn during the day will be damp, even on a dry day, from perspiration.
Soft shoes	You will want comfortable footwear at night, you will not be allowed to walk around in bare feet, flip flops or trainers are fine.
Sun hat, sun cream, sunglasses	Even on dull days you will run the risk of sunburn. Always apply suntan lotion at the start of the day. If it is a sunny day work together to remind each other to cover up and always look for shade when planning stops.
Water bottle	You will need to have access to water throughout the day. You should carry at least 1 litre of water with you either in one or two bottles. Plastic bottles from a supermarket are fine.
Matches	For your stoves you will need either matches or a lighter.
Strong plastic bags	You should wrap everything that is in your rucksack in dry bags or bin liners. Ideally line the whole of your rucksack with a large bin liner as well. Any rain will try to find a way in, if your kit becomes wet and you are at risk from the cold your expedition may be over.
Sleeping bag	You must have a sleeping bag.
Pillow case	A pillow case from home stuffed with dry clothing from the day is a nice touch and can help rest.
Sleeping mat	These do two things firstly they are more comfortable and secondly they will insulate you from the ground. Even on a warm summer night the ground can be very cold and this will draw the heat out of you leaving you very cold. I have spares should you need to borrow one.
Food	It is one of the 20 conditions that you must eat one hot meal per day. This is usually an evening meal on the first day and a cooked breakfast on the second day. We will cover this subject on your training day.
Plate/bowl	This is nice to have but is not needed if eating from boil in the bag or direct from cooking pots.
Cutlery	A Spork works well and covers most needs.
Mug	Plastic, metal or thermos style
Soap and towel	Some campsites that we use have showers, you will be told if this is the case in your joining instructions. However even if showers are available
Tooth brush and toothpaste	No need for more than one tube of toothpaste per group
Wet wipes	These are really useful for hygiene and are a very good alternative to a shower. A pack often contains dozens of sheets so consider taking a pack between two or three of you.
Toilet paper	Couple of rolls per group



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Medication	Please bring any medication that you require with you and make sure that your team supervisor is aware of it. You may also wish to bring headache tablets and insect repellent.
Camera	You may need a camera to help with the aim that you have chosen
Spare plastic bags	Always have spare plastic bags. They are useful for, replacing damaged ones, collecting of rubbish and for sitting on if the ground is wet.
Pack of cards, game, ball	Some sort of a game for the evening always helps. Not every site will have space for a ball game but some will do.

Group Equipment:

Item	Notes
Tent(s)	We will supply your expedition tent, we use 2 and 3 person tents. As far as possible aim to have only two tents per team. It is possible to sleep 4 in a 3 person tent. You will have a chance to try the tents out on your training day.
Stove	we will supply these with gas and cooking pans
Maps	We will supply maps and compasses.