**\* Items may be borrowed from the DofE store cupboard.
\*\* Items provided by Rich Adventure**

|  |  |
| --- | --- |
| **Clothing- set to wear** | **Check** |
| Boots with ankle support  |  |
| Trainers / sandals (optional) |  |
| Walking Socks  |  |
| Underwear  |  |
| Walking Trousers |  |
| Walking shirt/t-shirt or long sleeve thermal top |  |
| Warm jumper polar fleece jacket |  |
| Warm headwear / Sun hat |  |
| Mitts or gloves |  |
| Waterproof jacket |  |
| Waterproof over trousers  |  |
| **Personal and Emergency Equipment** |  |
| Tissues- at least 1 pack and a sandwich bag or nappy bag to use as a personal bin |  |
| Antibacterial hand gel- small personal bottle |  |
| Face covering (mask, scarf, or similar) |  |
| Watch |  |
| Torch (with spare bulb and batteries) |  |
| Emergency food rations (1000 Calories) |  |
| Spare clothing (spare socks, underwear, trousers, tshirt and fleece/jumper ) |  |
| Mobile phone (1 per group) |  |
| Personal medication |  |
| Notebook & pen/ pencil (for aim work and emergency details) |  |
| **Personal Camping Equipment** |  |
| Rucksack \* |  |
| Rucksack Liner / rubble bags to line rucksack and keep kit dry |  |
| Sleeping bag (inner sheet lining optional) – **min. 2 per team for emergencies** |  |
| Sleeping mat \* **- min. 2 per team for emergencies** |  |
| Toiletries (soap, towel, toothbrush, toilet paper) |  |
| Mug, plate or bowl, knife, fork and spoon |  |
| Food- please carry your food for the 2 days |  |
| Water bottle (2 Litre min) |  |
| Whistle |  |
| **Group Equipment** |  |
| Map \*\* and Waterproof Map case \*\* |  |
| Compass 2 per group \* |  |
| Bivvy bag (large poly bag) 1 per tent group \* |  |
| Tent \*- **min. 1 per team for emergencies and campcraft**  |  |
| Trangia meths stove \* |  |
| Fuel (meths) \* |  |
| Cleaning materials (scouring pad, detergent) |  |
| Matches (in a waterproof container) |  |
| Tin opener (if required) |  |
| First Aid kit |  |
| Toilet paper |  |
| Hi vis jackets (2 per team) and safety box \*\* |  |