



## Duke of Edinburgh Gold Canoeing Kit List

CLOTHING:		
ITEM	GOT IT	PACKED IT
1 pair trainers / supportive footwear (flexible for moving around in the boat)	<input type="checkbox"/>	<input type="checkbox"/>
4 pairs of socks	<input type="checkbox"/>	<input type="checkbox"/>
2 pairs of waterproof socks (optional)	<input type="checkbox"/>	<input type="checkbox"/>
3-4 t-shirts (avoid cotton where possible)	<input type="checkbox"/>	<input type="checkbox"/>
2 Thermal t-shirt (optional)	<input type="checkbox"/>	<input type="checkbox"/>
2 trousers (warm, NOT jeans)	<input type="checkbox"/>	<input type="checkbox"/>
1 shorts if weather is due to be nice	<input type="checkbox"/>	<input type="checkbox"/>
Underwear	<input type="checkbox"/>	<input type="checkbox"/>
Nightwear	<input type="checkbox"/>	<input type="checkbox"/>
Flip flops/trainers/sandals etc  (optional for camp site use)	<input type="checkbox"/>	<input type="checkbox"/>
Warm hat &/or sunhat (as appropriate)	<input type="checkbox"/>	<input type="checkbox"/>
1 pair gloves (if appropriate)	<input type="checkbox"/>	<input type="checkbox"/>
Waterproof over-trousers	<input type="checkbox"/>	<input type="checkbox"/>
Jacket/coat (waterproof & windproof)	<input type="checkbox"/>	<input type="checkbox"/>

PERSONAL EQUIPMENT:		
ITEM	GOT IT	PACKED IT
Bag for arrival (kit will be put into barrels and dry bags on arrival and this bag can be taken away. Ikea bag or similar is fine)	<input type="checkbox"/>	<input type="checkbox"/>
Liners for kit to go into barrels/dry bags in (or 2 strong plastic bags)	<input type="checkbox"/>	<input type="checkbox"/>
Sleeping bag	<input type="checkbox"/>	<input type="checkbox"/>
Sleeping mat	<input type="checkbox"/>	<input type="checkbox"/>
Sleeping bag liner (optional)	<input type="checkbox"/>	<input type="checkbox"/>
Whistle	<input type="checkbox"/>	<input type="checkbox"/>
Torch (handheld or head torch and spare batteries)	<input type="checkbox"/>	<input type="checkbox"/>
Personal first aid kit - small with just your items	<input type="checkbox"/>	<input type="checkbox"/>
Expedition food - (If arranging individually not as a team) Including emergency rations	<input type="checkbox"/>	<input type="checkbox"/>
Water bottle	<input type="checkbox"/>	<input type="checkbox"/>
Knife, fork, spoon	<input type="checkbox"/>	<input type="checkbox"/>
Plate/bowl	<input type="checkbox"/>	<input type="checkbox"/>
Mug	<input type="checkbox"/>	<input type="checkbox"/>
Wash kit/personal hygiene items  (some items could be shared as a group)	<input type="checkbox"/>	<input type="checkbox"/>
Sunblock (if appropriate)	<input type="checkbox"/>	<input type="checkbox"/>
Towel	<input type="checkbox"/>	<input type="checkbox"/>
Small quantity of money (optional)	<input type="checkbox"/>	<input type="checkbox"/>

TEAM EQUIPMENT:		
ITEM	GOT IT	PACKED IT
Watch (aim to have a minimum of 2 per team)	<input type="checkbox"/>	<input type="checkbox"/>
Notebook and pen/pencil	<input type="checkbox"/>	<input type="checkbox"/>
Box of matches (in waterproof container)	<input type="checkbox"/>	<input type="checkbox"/>
Expedition food - (If arranging as a team) Including emergency rations	<input type="checkbox"/>	<input type="checkbox"/>
Group first aid kit (this can be an extension of your personal first aid kits or can be hired from RTBA)	<input type="checkbox"/>	<input type="checkbox"/>
Survival bag (1 per group - can be provided)	<input type="checkbox"/>	<input type="checkbox"/>
Compass		<b>Provided</b>
Tents		<b>Provided</b>
Trangia (Stoves)		<b>Provided</b>
Maps		<b>Provided</b>

### Expert kit advice

For more information and expert advice about expedition kit, hints and tips, money saving ideas and videos visit [DofEShopping.org/expedition-kit](http://DofEShopping.org/expedition-kit).

**You can get free in-store expert boot and rucksack fitting at Go Outdoors.**  
**Can't find what you're looking for?** Order online using your DofE Reward Card at

[www.gooutdoors.co.uk](http://www.gooutdoors.co.uk) and claim your discount.

Remember, equipment should be checked by your Expedition Supervisor for its suitability before the start of the expedition.