



Duke of Edinburgh Gold Walking Kit List

CLOTHING:		
ITEM	GOT IT	PACKED IT
1 pair of walking boots (broken in)	<input type="checkbox"/>	<input type="checkbox"/>
4 pairs of walking socks	<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 walking trousers (warm, NOT jeans)	<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	<input type="checkbox"/>	<input type="checkbox"/>
(optional for camp site use)		
Warm hat &/or sunhat (as appropriate)	<input type="checkbox"/>	<input type="checkbox"/>
1 pair gloves (if appropriate)	<input type="checkbox"/>	<input type="checkbox"/>
1 pair shorts (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
Rucksack	<input type="checkbox"/>	<input type="checkbox"/>
Rucksack liner (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	<input type="checkbox"/>	<input type="checkbox"/>
(some items could be shared as a group)		
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	<input type="checkbox"/>	<input type="checkbox"/>
Survival bag (one per team - can be provided)	<input type="checkbox"/>	<input type="checkbox"/>
Washing up liquid (either in original bottle or decanted into a smaller vessel)	<input type="checkbox"/>	<input type="checkbox"/>
Washing up scourer (reusable)	<input type="checkbox"/>	<input type="checkbox"/>
Cooking oil (preferably decanted into a smaller vessel)	<input type="checkbox"/>	<input type="checkbox"/>
Compass		Provided
Tents		Provided
Trangia (Stoves)		Provided
Maps		Provided

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.

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 and claim your discount.

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