**Rock The Boat Activities Ltd**

DofE Gold Walking Kit List

Updated September 2021

| **Section 1: Clothing** |
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| **ITEM** | **GOT IT** | **PACKED IT** |
| 1 pair of walking boots (broken in)  | ☐ | ☐ |
| 4 pairs of walking socks | ☐ | ☐ |
| 2 pairs of sock liners (optional) | ☐ | ☐ |
| 3-4 t-shirts (Avoid cotton) | ☐ | ☐ |
| Thermal t-shirt (optional) | ☐ | ☐ |
| 2 walking trousers (warm, NOT jeans, ideally windproof and quick drying) | ☐ | ☐ |
| Underwear | ☐ | ☐ |
| Nightwear | ☐ | ☐ |
| Flipflops/trainers/sandals etc (optional for campsite use) | ☐ | ☐ |
| Warm hat &/or sunhat (as appropriate)  | ☐ | ☐ |
| 1 pair gloves (if appropriate)  | ☐ | ☐ |
| 1 pair shorts (if appropriate)  | ☐ | ☐ |
| Waterproof over-trousers  | ☐ | ☐ |
| Waterproof & windproof Jacket/coat  | ☐ | ☐ |

| **Section 2: Personal Equipment** |
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| **ITEM** | **GOT IT** | **PACKED IT** |
| Rucksack (60-65 Litres) | ☐ | ☐ |
| Rucksack Line (or 2 strong Bin liners) | ☐ | ☐ |
| Sleeping bag | ☐ | ☐ |
| Sleeping mat | ☐ | ☐ |
| Sleeping bag liner (Optional) | ☐ | ☐ |
| Survival Bag | ☐ | ☐ |
| Whistle | ☐ | ☐ |
| Head Torch (With spare batteries) | ☐ | ☐ |
| Personal First Aid Kit (including personal medication) | ☐ | ☐ |
| Personal expedition food (if not arranging with team) | ☐ | ☐ |
| Emergency Rations | ☐ | ☐ |
| Water Bottle (2 litres) | ☐ | ☐ |
| Knife/fork/spoon | ☐ | ☐ |
| Plate/bowl | ☐ | ☐ |
| Mug | ☐ | ☐ |
| Wash kit/personal hygiene items  | ☐ | ☐ |
| Sunblock | ☐ | ☐ |
| Towel (Small or Microfibre) | ☐ | ☐ |
| Emergency Money (about £5 in cash is recommended) | ☐ | ☐ |

| **Section 3: Team Equipment** |
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| **ITEM** | **GOT IT** | **PACKED IT** |
| Watch (Min 2 per group - Phones will be sealed during the expedition) | ☐ | ☐ |
| Notebook and pen/pencil | ☐ | ☐ |
| Matches/lighter (in a waterproof/ziplock bag/container) | ☐ | ☐ |
| Expedition food (If arranging as a team) | ☐ | ☐ |
| Washing equipment (Sponge, scourer, washing-up liquid) | ☐ | ☐ |
| Camera (Phones will be sealed during the expedition) |  |  |
| **Supplied by Rock the Boat Activities** | ☐ | ☐ |
| Compass | ☐ | ☐ |
| Tents | ☐ | ☐ |
| Stoves | ☐ | ☐ |
| Maps | ☐ | ☐ |

For more information and expert advice about expedition kit, hints and tips, money saving ideas and videos visit <https://www.dofe.org/shopping/dofe-recommended-kit/>

**Don’t forget you can get 10% off with your D of E card at the following stores; Go Outdoors, Blacks, Millets, Ultimate Outdoors amongst others**