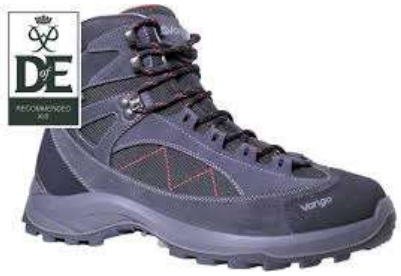
THE DUKE OF EDINBURGH'S AWARD

ST. MARY'S CATHOLIC HIGH SCHOOL

Duke of Edinburgh Expedition Weekend



Kit List Information

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Kit List – ITEMS PROVIDED

ST. MARY'S CATHOLIC HIGH SCHOOL

Below is a list of items provided by our external providers

They are therefore not required to be brought by yourselves

- Tents- 3 person tent
- Roll mats
- Camping Stove
- Camping Gas
- Camping Pans
- Rucksacks
- Maps
- Compass

SamSykesLTD Kit List

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Kit List – YOU MUST BRING

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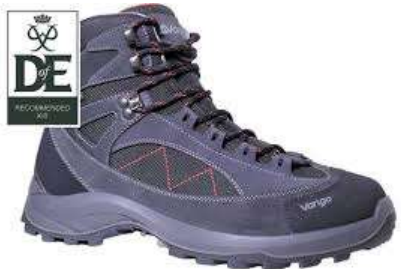
Clothing

- 1 Pair of walking boots (Broken in)
- 2 Pairs of walking socks
- 2 Pairs of Sock Liners (Optional)
- 2-3 T-shirts
- Thermal T-Shirt (Optional)
- 2 Fleece tops or similar
- 2 Walking Trousers (not Jeans)
- Underwear
- Nightwear
- Flip-flops/Trainers/Sandals etc (Optional for campsite use)
- Warm hat &/or Sun Hat (As appropriate)
- 1 pair of gloves (if appropriate)
- 1 pair of shorts (if appropriate)
- Waterproof Over-trousers
- Jacket/Coat (Waterproof/Windproof)
- 1 Pair of Gaiters
- 1 Sleeping bag



[SamSykesLTD Kit List]

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Kit List – YOU MUST BRING

ST. MARY'S CATHOLIC HIGH SCHOOL

Personal Kit

- Whistle
- Torch
- Knife, Fork, Spoon
- Matches/Lighter
- Personal First Aid Kit
- Water bottle
- **Expedition Food**
- Plate/Bowl
- Mug
- Sunblock
- Towel
- Notebook, Pen/Pencil
- Watch
- Scourers/Dish Cloth
- Plastic bags (for rubbish)
- Vaseline – Petroleum Jelly

[SamSykesLTD Kit List]

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Food - Breakfast

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Breakfast is the most important meal of the day. You should be consuming most your bulk calories now in preparation for the day ahead. Breakfasts should have a good mix of short, medium and long lasting energy products.

Breakfast Bars/Biscuits – Breakfast bars and biscuits are great to get you going in the morning. They take no cooking and have that sugar rush that can get you up and going.

Breakfast Ideas

Porridge, Weetabix, Scrambled eggs (Powdered), Powdered Milk

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Food - Lunch

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Lunch is a social time for a DofE team. It's in the middle of the day so you don't want to cook or spend ages waiting for food. Preparation is everything for a great lunch so make sure you plan it picnic style, maybe even cook something in the morning after your breakfast and store it in a tub.

Lunch Ideas

Day one you could take sandwiches with you

Cheese Pittas, Nuts, Dry Fruits, Cup A Soup, Breakfast bars/biscuits, Fruit.

There are boil in the bag meal options available which are convenient and have less mess but these can be expensive

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Food - Dinner

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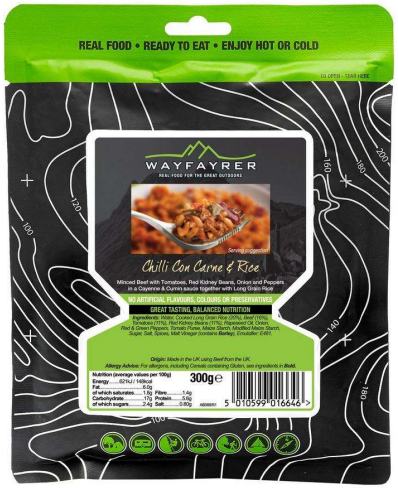
Dinner is all about replacing the energy lost during the day and ensuring you stay warm and comfortable during the day. Dinner is a great time to reflect on your day with your team and build moral for the next day so make your dinners fun.

Kidney Bean Curry and Mash, Vegetarian Cheese Pasta, Pasta & sauce dishes. Baked beans, Cake Bars and Custard, Angel Delight.

Super noodles/ Pot noodles are light weight but have limited nutritional value

Tinned cans are useful for meals however they are heavy to carry

There are boil in the bag meal options available which are convenient and have less mess but these can be expensive



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Drinks

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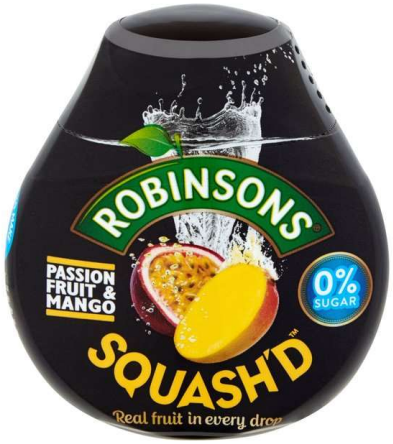
You will need to bring a water bottle but there will be opportunities to fill your bottle up at the campsite. You don't need to bring excessive amounts of liquid with you. This will be heavy and you will be carrying it.

If you prefer to drink cordial then we recommend you bring a Robinsons squashed or equivalent.



These are concentrated shots of cordial you can add to your water bottle

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Food - Warning

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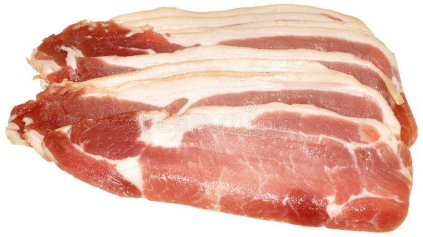
Try to avoid foods that need to be refrigerated such as raw meat (sausages/bacon) these are likely to go off.

Eggs are likely to be smashed if not properly protected and may leak all over your clothes once packed in your rucksack.

Keep food that is likely to leak in a sealed plastic box



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Mobile Phones

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- Mobile phones are not needed on the practice expedition or the final expedition
- You are allowed to bring them but the students are wholly responsible for them
- There are very limited facilities to charge devices.
- Students thinking about bringing mobile phones should consider bringing a power bank/portable charger