



Food @ashmanortrips



Duke of Edinburgh – Expedition Kit List

Item	Packed it
1 pair walking boots (broken in)/decent sports trainers	
2 pairs walking socks	
2 t-shirts	
Thermal t-shirt (optional)	
Fleece tops or similar	
Walking/sports trousers (warm, NOT jeans)	
Underwear	
Nightwear	
Flipflops/trainers/sandals etc (optional for evenings)	
Warm hat &/or sunhat (as appropriate)	
1 pair gloves (if appropriate)	
1 pair shorts (if appropriate)	
Sunblock (if appropriate)	
1 pair gaiters (optional)	
Waterproof over-trousers	
Jacket/coat (waterproof & windproof)	

Personal Kit

Item	Packed it
Sleeping bag	
Watch	
Torch (handheld or head torch) and batteries	
Personal first aid kit	
Water bottle/bottles (2 Litres+)	
Knife, fork, spoon	
Plate/bowl	
Mug	
Box of matches (in waterproof container)	
Wash kit/personal hygiene items	
Towel	