

# High Tracks

## Adventure Learning

### DofE EXPEDITION KIT LIST

#### GOLD

(includes what you wear on the first day - for 4 days & 3 nights – PRACTICE & FINAL)

#### Personal kit you provide (below and right)

- 1 waterproof Jacket (ideally breathable, have taped seams and have an attached hood)
- 1 pair of waterproof trousers (ideally breathable and have taped seams)
- 1 Pair of walking boots (to offer ankle support and have a Vibram-type sole)
- 4 Pairs of walking socks
- 1 pair gaiters (optional)
- 4 sets of underwear
- 2 pairs of lightweight, quick drying trousers (no jeans or cotton-based trousers)
- 4 t-shirt-style tops (wicking is preferred)
- 2 thermal base-layer top (for camp)
- 1 fleece / jumper (or 2 in colder weather)
- 1 warm hat/headgear (should cover top of head and ears)
- 1 pair gloves
- 1 set of emergency clothing (this should be a full change of clothing kept in a waterproof bag, only to be opened in emergency)

#### Group Equipment you supply

- Washing up kit (washing up liquid, brillo pads, cloth and tea towel)
- Camera (1 per group)

#### First Aid items you supply – personal use\*

1	Primary care instructions
1	Medium dressing (pad size 12 x 12cm)
2	Low adherent dressings
1	Roll of hypo-allergenic tape
6	Hypo-allergenic plasters
1	Sterile skin closure strip – single packs
1	Pack of blister plasters (various sizes)
4	Alcohol-free antiseptic wipes
1	Pair latex-free gloves (Nitrile or vinyl)
1	Resuscitation face shield
1	Tweezers (for splinter/tick removal)

- 1 rucksack 55-75 litres (relative to size of person)
- 1 waterproof rucksack liner
- 1 three-season sleeping bag (stored in waterproof bag inside rucksack)
- 1 sleeping mat (stored in waterproof bag inside or outside of rucksack)
- 1 torch (plus spare bulb if not a LED torch) and spare batteries – a head torch is ideal
- First aid kit – as detailed below
- 1 orange plastic survival bag
- 1 whistle (for attracting attention)
- 1 box waterproof matches or lighter
- 1 notebook and pencil (for note-taking)
- 1 sealed food pack (only to be opened in an emergency) - should contain: hot drink sachets, high-energy food such as chocolate, slow-release energy bars etc.
- Wash kit and small towel
- 1 set cutlery
- 1 unbreakable mug plus plate or bowl
- 1 strong water bottle or hydration bladder/reservoir (min 1.5 litre)
- Watch (ideally with alarm for early starts)
- High-factor sunscreen
- Black sacks (for rubbish from walk and camp)
- Any personal medication (with usage/location of Epipens, inhalers etc. communicated to ACS, your instructor and your group)

#### Shared equipment supplied by SES

- Tent
- Cooking stove (Trangia) & fuel bottle
- Maps & compass

#### First Aid pack supplied by ACS per group\*

1	Large dressing (pad size 18 x 18cm)
2	Eyepad dressing
2	Roller (conforming) bandage
2	Calico triangular bandage
6	Safety pins
2	Disposable thermometer
1	Pair shears (to cut dressings or clothing)
4	Burn gel sachet, for very superficial burns only
1	Small roll of Clingfilm/Saran Wrap (for burns)

\*All first aid kit should be stored in a waterproof bag in a known place in the rucksack with easy access