

High Tracks

Adventure Learning

DofE EXPEDITION KIT LIST

SILVER

(includes what you wear on the first day -
for 3 days & 2 nights – FINAL
for 2 days & 1 night – PRACTICE – underlined)

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)
- 3 Pairs of walking socks (2 practice)
- 1 pair gaiters (optional)
- 3 sets of underwear (2 practice)
- 2 pairs of lightweight, quick drying trousers (no jeans or cotton-based trousers)
- 3 t-shirt-style tops (wicking is preferred) (2 practice)
- 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)

- 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 in 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 High Tracks

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

First Aid items you supply – personal use*

First Aid pack supplied by ACS per group*

1	Primary care instructions	1	Large dressing (pad size 18 x 18cm)
1	Medium dressing (pad size 12 x 12cm)	2	Eyepad dressing
2	Low adherent dressings	2	Roller (conforming) bandage
1	Roll of hypo-allergenic tape	2	Calico triangular bandage
6	Hypo-allergenic plasters	6	Safety pins
1	Sterile skin closure strip – single packs	2	Disposable thermometer
1	Pack of blister plasters (various sizes)	1	Pair shears (to cut dressings or clothing)
4	Alcohol-free antiseptic wipes	4	Burn gel sachet, for very superficial burns only
1	Pair latex-free gloves (Nitrile or vinyl)	1	Small roll of Clingfilm/Saran Wrap (for burns)
1	Resuscitation face shield	*All first aid kit should be stored in a waterproof bag in a known place in the rucksack with easy access	
1	Tweezers (for splinter/tick removal)		