



# DofE Packing List

Updated 8 Apr 2024

## Supplied Equipment

The following group equipment will be supplied by MY Adventure

Tent	Your portable home
Map, case and compass	Help you find your camping location
Trowel	Used to dig hole for human waste (poo)
Camping stove, fuel and pans	The stoves are wide for stability and designed to be usable in strong winds Stoves that are screwed on top of gas canisters are very unstable, especially if using a large pan
Group shelter	Quick shelter if you want to have a break when its raining

# Items That Can Be Borrowed

The following items can be borrowed from MY Adventure but you must request this during your training before going on exped. If you have been on a practice exped and want to borrow something for your qualifier then please request the items

Rucksack	Needs to be large enough for your items plus shared group equipment (tents, stoves)
Walking Boots	Tell us what size (Limited stock)
Waterproof Jacket	WITH hood, otherwise you'll get wet
Waterproof Over-trousers	Wet legs on a windy day will get cold
Sleeping Bag	Bring a hat to sleep in as well If you have a sleeping bag liner for extra warmth you could bring that as well
Sleeping Mat	Insulates you from the ground

# What to Bring

## Packing

Waterproof rucksack liner	'Rubble' sacks are stronger than bin liners Ensure your sleeping bag is wrapped in a waterproof bag
Waterproof bags	Clear food bags will help organise smaller items and let you see the contents inside

## Clothing

Boots	To avoid getting blisters, it is essential that you have worn your boots recently to know that they (still) fit and that you can walk in them all day
Underwear	Per day
Walking socks	Clean (dry) ones for each day. Sock liners are optional
Sports type top	Cotton is best avoided. Could be worn for 2 days Bring at least one long sleeved top as they are warmer and can help protect against sunburn as well
Warm fleece type top	2 thinner ones allows more flexibility than 1 thick one
Walking trousers	NOT Jeans. Ensure they will be comfortable to walk in all day
Warm hat	Also useful to keep warm at night when sleeping
Gloves	Having cold hands all day isn't pleasant
Nightwear	This can be leggings and your clean top for the next day

## Optional Clothing

Gaiters	Wear over boots/bottom of legs to help keep rain off and keep you cleaner
Flip flops/sandals	Change of footwear at camp. Wear with socks to reduce possible ticks
Shorts	Have long trousers as well to avoid sunburn and reduce possible ticks

## Personal

Toilet paper	Rather than bringing a whole roll tear off sections Whatever you bring double wrap in plastic bags
Hand gel	Most routes do not go near public toilets Have one with your toilet paper and another for general use
Wash kit, personal hygiene	Small or nearly empty tube of toothpaste rather than a full heavy one
Towel	Only needs to be small. You could just use a flannel to wash and no towel
Sanitary items	Most routes are away from shops

## Protection

Personal first aid kit	Blister care (Compeed)
Sunblock	Go for a high protection level (50+) as some routes have few trees and little shade
Sunhat	Help prevent overheating and sunburn

Sunglasses	Not just to look cool but to protect your eyes
Midge repellent	Smidge
Midge net	Midges will appear when it isn't sunny or windy, usually when your cooking your meal

## Camp

Plate/Bowl	Bowl might be better to avoid food sliding off the plate. Plastic picnic ones are lighter (flexible rather than brittle plastic)
Cutlery	This could just be a spoon depending on what you will be eating A metal spoon can be used for stirring food whilst cooking
Mug	Hot drink on a cold day or before sleeping
Cooking items	Do you need a tin opener? Scourer if you are you cooking porridge in a pan
Torch	Useful if you want to find something or go to the toilet at night Headtorch is easier, doesn't need to be super bright such as those designed for running
Small camping pillow	Optional Could use a hoodie that is folded into the hood

## Food and Drink

Food	<p>NO RAW MEAT OR FISH</p> <p>Lunch on first day until lunch on last day</p> <p>Ensure your evening meal is something that you will be looking forward to</p> <p>Ensure you have tried all the food before bringing it in case you don't like it as you need to be self sufficient</p> <p>If you have an allergy double check labels in case ingredients have changed</p> <p>If you are sharing food check if the other members of the team have food allergies or preferences</p>
Water container	Not just used during the day. Useful to get water when cooking
Water purifying tablets	Used to treat water taken from streams
Plastic food bags	Pack each of your meals in a plastic food bag (eg Zip-Loc) so that it helps organise and protect it, plus the bag becomes a rubbish bag

## General

Entertainment	Playing cards if it's raining
Pocket games	Notebook and pen/pencil for keeping scores
Camera	Optional
Watch	A waterproof one! Useful for timing navigation to avoid phone getting wet
Small quantity of money	Depending on the distance travelled, there may be a stop before starting or after ending exped You won't be buying anything during the exped as you are to be self-sufficient

# What (Probably) Not to Bring

Tea towel	Can just let items dry
Bin liner for rubbish	Far too big. How are you going to carry it? Use small plastic bags to pack each meal so you have a rubbish bag that can be stored in the side of your rucksack
Music speakers	Best not as always ends up being too loud Don't disturb other people's enjoyment Listen to nature
Football	Silver and Gold routes are typically remote with small camping areas surrounded by heather rather than open fields