



Name	
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DofE Number	
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Clothing	I / Participant Got it	I / Participant Packed	MY Adventure can provide (Tick if you require this)
1 Pair of Walking Boots			NA
2 Pairs of walking socks			NA
2 Pairs of sock liners (Optional)			NA
Jacket/Coat (Waterproof and windproof)			
Waterproof over-trousers			
2 Fleece tops or similar			NA
2-3 T-Shirts (Thermal Optional)			NA
2 walking trousers (Warm, NOT Jeans)			NA
1 Pair shorts (If Appropriate)			NA
Underwear			NA
Nightwear			NA
Flip flops/sandals (Optional for camp site use)			NA
Warm hat and/or Sunhat (As appropriate)			NA
1 Pair of gloves (If appropriate)			NA
1 Pair gaiters (Optional)			NA

Personal Kit	I / Participant Got it	I / Participant Packed	MY Adventure can provide (Tick if you require this)
Rucksack			
Rucksack liner (or 2 strong plastic bags)			NA
Sleeping bag			
Sleeping mats			
Waterproof Bag			NA
Waterproof bag			NA
Sleeping bag liner (Optional)			
Whistle			NA
Torch (Handheld/head torch and spare batteries)			NA
Personal first aid kit			NA
Food (Including emergency rations)			NA
Water bottle			NA
Cutlery			NA
Plate/Bowl			NA
Mug			NA
Box of Matches (In waterproof containers)			NA
Wash kit/Personal hygiene items (Some item could be shared as a group)			NA
Sunblock			NA



Towel			NA
Small quantity of money (Optional)			NA
Notebook and pen/pencil			NA
Watch			NA

Group kit (to carry between group)	I / Participant Got it	I / Participant Packed	MY Adventure can provide (Tick if you require this)
Tent			
Camping stove			
Camping stove fuel			
Cooking pans			
Scourers			NA
Tin opener (If required)			NA
Tea Towels			NA
Plastic bags (For rubbish ect.)			NA
Toilet paper and trowel			NA
Maps (1:25000 / 1:50000)			
Compass			
Map cases			
Camera (Optional)			NA
Tick remover (location dependent – ask your supervisor)			NA
Survival bag			

Additional Optional Kit (For you to consider)	I / Participant Got it	I / Participant Packed	MY Adventure can provide (Tick if you require this)
Head/Neck scarf			NA
Hydration pack			NA
Storm shelter			NA
Stove multidisc (Lid/cutting board)			NA
Pre-packed expedition food			NA
Small pocket tool			NA
After-sun cream			NA
Sunglasses			NA
Insect repellent			NA
Stopwatch			NA
Waterproofing (Pre expedition)			NA
String			NA
Spare boot laces			NA
Ball, playing cards ect			NA
Mosquito net			NA
Emergency lights tick			NA
Water purifying tablets			NA