

D of E Kit list.

Clothing - Trousers:

Lightweight quick drying trousers are recommended, jeans are a big no as they are heavy and will take ages to dry when wet. Always carry a spare pair.

Clothing – T-shirts/tops:

Pack 2 or 3 t-shirts as they are great for adding extra layers when needed, long sleeve tops have the advantage of covering the lower arms. Always carry a thick long sleeve sweater (woollen or fleece) as the UK weather can turn rapidly.

Clothing – Other:

A good pair of broken in walking boots are a must, also you may want to bring along a spare pair of trainers for when your not walking. When it comes to socks my general rule of thumb is 1 pair of walking socks for each your walking, 1 pair of normal socks for each evening and one spare pair of walking socks per 2 days. i.e. 2 day hike = 3 walking socks and 2 normal pairs.

Bring sunglasses even in the winter as the sun can be bright and low.

No matter what the weather forecast bring a water proof jacket.

Clothing – Cold weather:

Bring a thick woolly hat that will cover your ears and a good thick pair of gloves, i would advise against mittens as its very hard to map read with them on.

Bring additional layers of clothing, especially an extra sweater.

Clothing – Warm weather:

Bring a sun hat or baseball cap. Some sun cream, the higher the factor the better unless you want to risk getting burnt.

Food – Normal rations:

Bring breakfast, lunch and evening meal for each day. You can pick up dehydrated meals from most camping stores but these can be expensive. A good choice is super noodles as they are cheap, light weight, easy to cook and filling. Tinned food that is reheatable, like soup or curry is good but heavy. Avoid food that needs to be kept cool/chilled. Powdered soups that contain pasta are a quick easy meal to make although not overly filling. Bringing something that you don't have to cook is a good idea for lunch, pre made sandwiches are good but run the risk of getting squashed so use tortilla wraps or pita bread.

Food – snacks:

Food to snack on during the day that will keep your energy levels up. Tracker bars are my favourite, but biscuits or chocolate bars, such as Mars or Snickers, are also good.

Food – Emergency:

Bring some extra food with you that you can survive on in an emergency, hot food and high energy food is highly recommended. This food is extra to your normal food.

Food – Drink:

You will need to carry approx 2L of water when walking so bring a pop bottle, if walking straight

away make sure it is filled with water, you will be able to refill the bottle at the camp site. Other drinks are optional, but tea/coffee/hot chocolate are good at keeping you warm during the cold. Remember to bring sugar & whitener if required - milk will be hard to keep fresh.

Kit – Tent:

Either bring your own tent or make sure you have a place in a friend's otherwise you will be sleeping under the stars! If sharing a tent take it in turns to carry it, or split it down so you're all carrying a bit.

Kit – Sleeping:

A good quality waterproof sleeping bag is essential, if your looking to buy a new one the mummy style bags are the way forward. Bring something to sleep on, the floor is very uncomfortable and although a roll matt isn't much better it will keep you of the cold ground and offer some padding. Thermarest style self inflating mattresses are highly recommended. Pillows can be made form spare clothing/rucksacks or you can get inflatable ones, I would recommend against the first option as inflatable pillows start at about £4.

Kit – Bag:

A suitable sized bag (around 65 litres) that will be able to hold all of your kit, unless you have a waterproof bag cover line the inside of your bag with a couple of bin liners as this will stop your kit getting wet if it rains. Make sure the bag you have is comfortable as you will be carrying it all day, if buying a new one get one with waist/chest straps.

Kit – Other:

If you plan on having hot food and drink you will need to bring a camping stove, it is possible to share one with a friend but I wouldn't recommend it. The best types have resalable gas canisters and should be packed as 2 separate items. You will also need to bring cutlery and cooking equipment, some thing to cook in and eat off, mess tins are great as you can cook in them and then eat out of them. Don't forget matches/lighter to light your stove with. A watch is very useful, although I wouldn't bring your Rolex.

Kit – Emergency:

Bring a whistle and torch. Both will help us find you if you get lost, its a good idea to bring some spare batteries for your torch. Try to get together a small personal first aid kit, some plasters, a bandage and some Savlon or Germaline or you can buy travel first aid kits that will be more than suitable. Bring a small amount of money with you, a couple of pounds in change is plenty, you are not allowed to buy anything while on your D of E so this money is to be used in an emergency only for pay phone or food if you have used your emergency rations.

Other Equipment:

While this equipment should be provided by the squadron, if you have your own it will be helpful to bring as the more prepared you are the better your experience. Ordnance survey maps of the local area, either 1:25,000 or 1:50,000 scale, a case to keep it in the last thing you want is to be map reading on a dirty wet map and a compass. You may also bring a camera to capture the memorable moments of your walk, but you do so at your own risk, to be safe bring a disposable one.

Check list for a bronze/silver D of E, quantities based on 3 days camping.

Description	Quantity	Check
Trousers	2 pairs	
T-shirts/tops	4	
Sweater	2	
Walking boots	1 pair	
Walking Socks	4 pairs	
Normal Socks	2 pairs	
Waterproof jacket & trousers	1 set	
Sunglasses & sun cream	1	
Hat (sun hat, baseball cap or woolly hat)	1	
Gloves	1 pair	
Food	9 meals	
Snacks (example: Mars bars)	5 bars	
Tent (or space in one)	1	
Sleeping bag & matt	1	
Bag/rucksack (inc bin liners)	1	
Stove and gas	1	
Cooking equipment, cutlery & water bottle	1	
Whistle, torch & spare batteries	1	
First aid kit	1	
Money (about £2.00 in change)	1	
Map & map case (optional)	1	
Camera (optional)	1	