

St Bede's recommended kit list

The list below is based upon past expeditions. Please pack according to the relevant qualification.

Note: If you plan on attempting all three awards, it may be worth considering buying a larger rucksack for Bronze or Silver, to save buying multiple sets of equipment.

		
Personal Kit:	Personal Kit:	Personal Kit:
Rucksack (60-65L)	Rucksack (70L)	Rucksack (70-80L)
Sleeping bag	Sleeping bag	Sleeping bag
Roll mat / sleeping mat	Roll mat / sleeping mat	Roll mat / sleeping mat
Dry bag (Optional: Can be plastic bag and wrap up items)	Dry bag (Optional: Can be plastic bag and wrap up items)	Dry bag (Optional: Can be plastic bag and wrap up items)
Water bottle (1L at least)	Water bottle (1-2L at least)	Water bottle (1-2L at least)
Head torch / torch	Head torch / torch	Head torch / torch
Cutlery (knife, fork, spoon)	Cutlery (knife, fork, spoon)	Cutlery (knife, fork, spoon)
Mug (Optional)	Mug (Optional)	Mug (Optional)
Matches	Matches	Matches
Wash bag, toothbrush etc...	Wash bag, toothbrush etc...	Wash bag, toothbrush etc...
		Toilet roll
Clothing:	Clothing:	Bags for rubbish
Waterproof jacket	Waterproof jacket	
Walking boots (Broken in)	Walking boots (Broken in)	Clothing:
Walking trousers / leggings (not jeans or joggers)	Walking trousers / leggings (not jeans or joggers)	Waterproof jacket
Waterproof over trousers (basic, light)	Waterproof over trousers (basic, light)	Walking boots (Broken in)
Spare t-shirt	2 spare t-shirts	Walking trousers / leggings (not jeans or joggers)
Fleece (not hoodies, hood gets wet and cold!)	Fleece (not hoodies , hood gets wet and cold!)	Waterproof over trousers (basic, light)
Shorts (weather dependent)	Shorts (weather dependent)	3 Spare t-shirts
Gloves (weather dependent)	Gloves (weather dependent)	Fleece (not hoodies , hood gets wet and cold!)
Sun hat / warm hat	Sun hat / warm hat	Shorts (weather dependent)
Flip flops (for camp site)	Flip flops (for camp site)	Gloves (weather dependent)
Nightwear / underwear	Nightwear / underwear	Sun hat / warm hat
Warm / walking socks	Warm / walking socks	Flip flops (for camp site)
		Nightwear / underwear

Expedition Food:	Expedition Food:	Warm / walking socks
Personal lunch items (pitta breads, flap jacks etc)	Personal lunch items (pitta breads, flap jacks etc) (x3 days)	
Group evening food (Get advice at DofE.org/shopping/food)	Group evening food (Get advice at DofE.org/shopping/food)	Expedition Food:
Washing up sponge	Washing up sponge	Personal lunch items (pitta breads, flap jacks etc) (x3-4 days)
		Group evening food (Get advice at DofE.org/shopping/food)
		Water purification tablets
		Washing up sponge

Please note:

All group equipment is provided by St Bede's Catholic College. This includes:

- **Tents**
- **Gas**
- **Stoves**
- **Maps**
- **Compasses**
- **Map cases**
- **First aid kits**