

Gold Kit List

Clothing

Walking boots with ankle support (worn in before expedition to stop blisters)
2 x Cotton T Shirt or Breathable T Shirts
2 x Fleeeces/Micro no woollen jumpers
2 x Walking trousers (**no denim jeans, or shorts, or jeggings**)
2 x pairs of Walking socks, or thick socks
Waterproof jacket with attached hood (**No Pakamacs, these are not suitable**)
Waterproof trousers (these are trousers that keep your walking trousers dry from the rain)
Woolly hat
Sun hat and sunglasses
Gloves
Gaiters (optional)

Emergency

Whistle
Pencil and notebook (this is used to write information down during your expedition)
Small First Aid kit and this should contain personal items as well. (Please inform us if this has been prescribed by a doctor in a letter)
Mobile phones are only allowed to be used as an emergency item and should be sealed in a bag, charged and then switched off.
Torch and spare batteries
2 x 1 litre water bottles or a 2ltr or hydration bag, no plastic shop bought water bottles
Dry matches and a lighter for backup
Survival Bag
Watch, two per group at minimum

Food (only bring on day of expeditions - see uploaded food ideas document on the EdofE resources section)

Emergency Rations (This should contain a separate meal, a hot drink sachet, some dried fruit or mixed nuts and some chocolate bars) this needs sealing up in a bag and labelling it 'Emergency Rations')

Camping Equipment

Rucksack 65 litres + (this is the minimum size needed for your expedition, so that it can hold all your kit and it must have a rain cover, to keep your bag dry)
A sleeping bag in a rubble bag (the warmer the better as temperatures drop at night, you can also bring a liner if you have one)
Sleeping roll mat, in a rubble bag
Cutlery, mug, plate, etc (plastic, not glass)
Hygiene wash gear

GROUP

Tent, inner, outer, poles, pegs (**S**)
Trangia stoves (**S**) – **ONLY SELF-SEALING GAS OR TRANGIA STYLE STOVES**
Fuel bottle, if using methylated spirits we will supply (**S**)
Brillo pads and washing up liquid, in a small container
Old tea towel
Spare plastic bags (for rubbish etc)
A small travel alarm clock (to make sure your group wakes up at the right time)
Sun cream (a **bottle per group at least**)
Trowel (Silver only, foldable one)
Water Purification Tablets (**a couple of packs per group**)

Edofe profiles online are also required to be up to date for the assessor and leader to see, before you are eligible to take part in the expedition.

All equipment should be inside a rucksack liner or a rubble bag and inside, there should be items in groups, wrapped and sealed using rubble bags/freezer bags or dry sacks.

Your bag must be packed as it would be on the day of the expedition, even for your practice.

(S) Supplied if booked with leader. All can be purchased from Outback Trading in Helston, or any other outdoor company i.e. Cotswold Outdoor stores. A discount will be given on all non-sale items.