



The Joseph Whitaker School
An Academy Specialising in Sports & Performing Arts

EXPEDITION KIT & EQUIPMENT

VERSION 1



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EXPEDITION KIT & EQUIPMENT

Students will need all of the following clothing & personal kit for the training / practice & qualifying expedition

CLOTHING

Got it	Packed it	Item needed	Specific tested items we recommend
		1 pair of walking boots (broken in)	Berghaus: Expedito Trek, Expedito Ridge and Explorer Trek and Explorer Ridge boots
		2 pairs of walking socks	Bridgedale: WoolFusion Trekker, WoolFusion Trekker women's, Woolfusion Trail, WoolFusion Trail women's
		2 pairs of sock liners (optional)	Bridgedale: Coolmax Liner, Coolmax Liner women's
		2-3 t-shirts	Craghoppers: Fusion and Vitalise Base T-shirt
		Thermal t-shirt (optional)	Craghoppers: Fusion and Vitalise Base T-shirt
		2 fleece tops or similar	Craghoppers: Fleece: Vector and Ionic Hooded Jackets, Vector and Ionic Half Zip Tops
		2 walking trousers (warm, NOT jeans)	Craghoppers: Traverse Trousers
		Underwear	
		Nightwear	
		Flipflops/trainers/sandals etc (optional for camp site use)	
		Warm hat &/or sunhat (as appropriate)	
		1 pair gloves	
		1 pair shorts (if appropriate)	
		Waterproof over-trousers	Craghoppers: Ascent Overtrousers
		Jacket/coat (waterproof & windproof)	Craghoppers: Waterproof Shell: Reaction Lite and Apex Jackets
		1 pair gaiters (optional)	

PERSONAL KIT

Got it	Packed it	Item needed	Specific tested items we recommend
		Rucksack (65 – 70L)	Vango: Contour, Sherpa, Pinnacle rucksacks
		Rucksack liner (or 2 strong plastic bags)	Lifeventure: Drry Bags (2/5/10/15/25/35/55/70 litres)
		Sleeping bag (Minimum 3 Season)	Vango: Nitestar, Latitude, Venom, Ultralite, Ultralite Pro and Stratos (Cotswold Outdoor exclusive) sleeping bags
		Sleeping mat	Vango: Single Adventure and Trek mats
		Waterproof bag	Lifeventure: Dry Bags and Compression Bags
		Sleeping bag liner (optional)	Lifeventure: Polycotton sleeping bag liner
		Survival bag	Lifesystems: Light and Dry Survival Bivi
		Whistle	Lifesystems: Survival whistle, Safety whistle
		Torch (handheld or head torch and spare batteries)	Lifesystems: Intensity 220 torch, Intensity 220 head torch
		Personal first aid kit	Lifesystems: Camping first aid kit, Trek first aid kit, Blister first aid kit Visit DofEShopping.org/safety for more information
		Expedition food	Beyond The Beaten Track: Expedition food packs and ready meal pouches. Get advice at DofEShopping.org/food
		Water bottle (2 x 1L)	Lifeventure: Tritan Flask (1000ml), Tritan Bottle (650ml)
		Knife, fork, spoon	Lifeventure: Basic knife fork and spoon set, Folding knife fork and spoon set; Ellipse knife, fork and spoon set
		Small pocket knife/pocket tool	Victorinox: DofE Pocket Tool. For advice visit DofEShopping.org/safety
		Plate/bowl	Lifeventure: Stainless steel camping bowl, camping plate, Titanium plate, Ellipse plate, Ellipse bowl
		Mug	Lifeventure: Stainless steel camping mug, Titanium mug, Ellipse mug
		Box of matches (in waterproof container)	Lifesystems: Windproof matches
		Wash kit/personal hygiene items (some items could be shared as a group)	Lifeventure: Wash bag (small), All-purpose soap, Dry wash gel
		Sunblock (if appropriate)	Lifesystems: Mountain Formula SPF50, Mountain Combi Stick SPF50
		Towel	Lifeventure: Soft Fibre Lite towel (large 120g, x-large 146g, giant 203g)
		Small quantity of money (optional)	
		Notebook and pen/pencil	
		Watch	

GROUP KIT

Got it	Packed it	Item needed	Specific tested items we recommend
		Tent(s)	Provided by JWS
		Camping stove	Provided by JWS
		Camping stove	C100 / C250 Self Sealing gas canister
		Scourers	
		Tea towels	
		Food (lightweight and including snacks)	Get advice at DofEShopping.org/food
		Plastic bags (for rubbish etc.)	
		Toilet paper	
		Maps (1:25 000/1:50 000)	Provided by JWS
		Compass	Provided by JWS
		Map cases	Provided by JWS
		Camera (optional)	

Expert kit advice

For more information and expert advice about expedition kit, hints and tips, money saving ideas and videos visit [DofEShopping.org/expedition-kit](https://www.dofeshopping.org/expedition-kit).

You can get free in-store expert boot and rucksack fitting at Cotswold Outdoor.

Can't find what you're looking for? Order online using your DofE Reward Card at [cotswoldoutdoor.com](https://www.cotswoldoutdoor.com) and claim your discount.

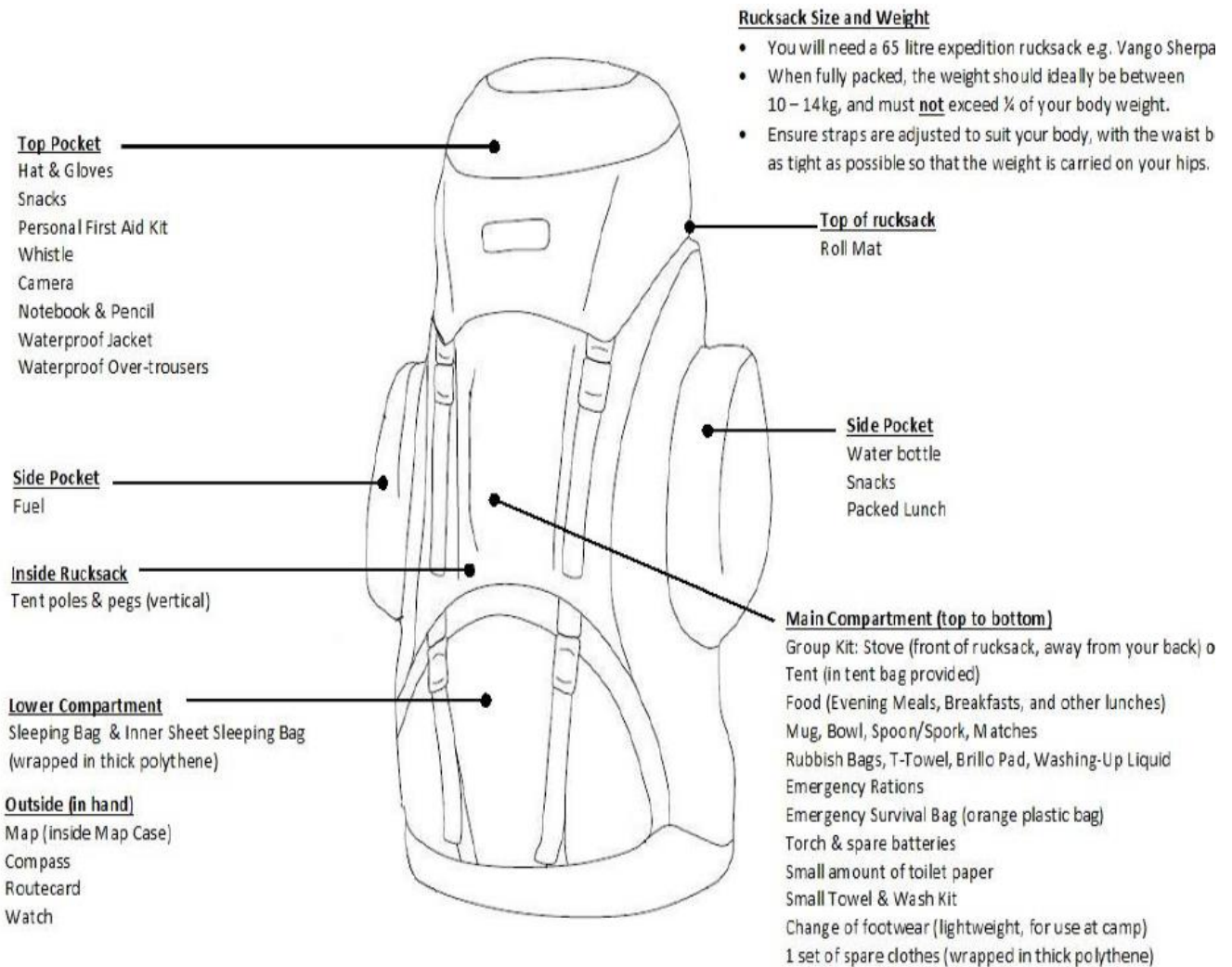
Remember, equipment should be checked by your Expedition Supervisor for its suitability before the start of the expedition.

HOW TO PACK YOUR EQUIPMENT?

There is a right way – and a wrong way – to pack a rucksack! The general rules to follow are:

- Pack lighter, bulkier items at the bottom (such as sleeping bag), and heavier items at the top.
- Items that are needed on the journey should be in pockets or close to hand (e.g. waterproofs).
- Avoid packing solid items next to your back which might dig in and cause you discomfort.
- Ensure your rucksack is evenly balanced so that one side isn't heavier than the other.
- Adjust all your straps so that the rucksack fits comfortably. Your hips should take most of the weight.

The diagram below provides a guide as to where items should be packed. Your Supervisor will check your rucksack at the start, including adjustments of straps, to help you on your journey.



IMPORTANT INFORMATION ON KIT

Footwear – You **must** wear boots that have ankle support to protect your ankle from twisting and sprains. Please do not wear trainers or trek shoes. Check that your boots have a hard-wearing sole that is injection moulded and is not going to tear away from the upper part of the boot. Understand how your boot is waterproof, and what you need to treat the boots with to retain that waterproofing. All boots will need to be cleaned and re-treated after use to keep them in good condition. Fabric boots are lighter in weight, and contain a waterproof membrane inside, but this needs to be regularly maintained by applying waterproofing spray otherwise they will start to leak. Leather boots should be cleaned and regularly waxed, but tend to withstand tougher conditions.

Spare clothes – A single spare set of all outer clothing, plus a spare set of underwear per expedition day. Must be wrapped in dry bag/protective bag to keep dry.

Waterproofs, Hat & Gloves – These are required on all expeditions as the weather can turn very easily, especially on the hills. Make sure they are warm and will keep you dry.

Rucksack & Rucksack Liner – It is important that you keep your kit dry, and a rucksack liner is the best option for this. We advise a rucksack capacity no greater than 65 L. Fully pack your rucksack, with lighter bulkier items at the bottom, then weigh your rucksack before you leave home. It must not exceed $\frac{1}{4}$ of your body weight, and ideally should weigh no more than 14kg.