

HARBURY DUKE OF EDINBURGH GROUP

Equipment

The most important pieces of equipment by far are your walking boots and socks. If you need new ones get them early and walk in them as much as possible.

Task: As we go through the list below and make a note of what you need to get.

To wear walking

Walking boots	
Walking socks thick	
Walking sock liners	
Thermal top or T-shirt	
Fleece	
Walking trousers NOT jeans	

To carry

Large rucksack 50 – 70 litres with plastic sack liner	
Sleeping mat	
Sleeping bag	
Walking socks	
Walking sock liners	
Spare shirt	
Spare fleece	
Spare trousers	
Spare underwear	
Hat for warmth or sunblock	
Gloves	
Anorak/Cagoule/Waterproof coat	
Waterproof over-trousers	
Water bottle / Camelbak	
Plate/bowl	
Mug	
Knife/fork/spoon or Spork	
Hygiene kit [toothbrush, small towel, tissues, tampons, etc]	
Plastic bags for litter, bin bags for wet clothes and rucksack at night etc	
Survival bag	
Personal first aid: suncream, plasters, compeed, own medication, wet wipes	
Emergency food rations	
Torch / headtorchspare batteries	
Watch	
Whistle	
Map & compass	
Small quantity of money	

Matches (sealed)	
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Group Kit

2 tents	
2 stoves	
Stove fuel	
2 scourers	
2 T towels	
Maps + cases	
Food	
Penknife	
Notebook + pencil	
Camera	
Mobile phone	
2 compasses	
2-3 cooking pots	
Video camera	

Optional Considerations and Some Favourites

Water pump or/and water purification tablets (Silver / Gold only)	
Buff	
Pee chart	
Leatherman multitool	
Duct tape	
Walking poles	
Thermos (day walking)	
Rubble bag(s)	
Group shelter	
Sam splints	
LED Reading light	
Spare boot lace	
Pillow	
Walkie talkies	

Note: It is important to pack things to ensure that they stay dry. Once wet they stay wet and are much heavier

Leaders: The aim of the session is to encourage the young people to understand the need for each bit of kit and to either get it or let us know that they have not got it so that we can try to get hold of it. At least one of us comes in dressed to walk with packed rucksack. Get them to feel the weight of this. The talk through each piece of kit as it comes out. Discuss any that are not vital.