CHASE TRAINING SOLUTIONS

DofE EXPEDITION
GOLD EQUIPMENT LIST

Regardless of your past experiences, this equipment is the <u>minimum required</u> for DofE expeditions undertaken with Chase Training Solutions Limited and is based on the recommendations of the DofE. Things highlighted in RED are Mandatory

To Wear Walking

- ☐ 1 x pair Walking Boots (broken in) and spare laces
- ☐ 1 x pair Walking Socks
- ☐ 1 x pair Thin Socks/Sock Liners (optional)
- ☐ 1 x Thermal Top or T-shirt
- ☐ 1 x Microfleece/Sweater
- ☐ 1 x Walking Trousers (warm; NOT jeans)

Personal Kit (To Carry)

- ☐ 1 x Large Rucksack (approximately 65 litre capacity)
- ☐ 1 x Rucksack Liner (or 2 x strong, large plastic bags)
- ☐ 1 x Sleeping Mat
- ☐ 1 x Sleeping Bag
- ☐ 1 x Waterproof Bag (Dry Store Bag) - for storing sleeping bag
- ☐ 1 x Sleeping Bag Liner (optional)
- ☐ 1 x Survival Bag
- ☐ 1 x Personal First Aid Kit (including personal medication)
- ☐ 1 x Whistle.
- ☐ 1 x Notebook and Pen/Pencil
- ☐ 1 x Torch, spare batteries, and bulb (spare bulb not required for LED torches)
- ☐ 1 x Water Bottle/Carrier (e.g. Nalgene, Platypus or strong plastic)
- ☐ 1 x Knife, Fork, Spoon set/Spork
- ☐ 1 x Plate, Bowl, Mug set
- ☐ 1 x Small Wash Kit
- ☐ Toilet Paper (no wipes!)
- ☐ 1 x Small Towel
- ☐ Antibacterial Hand Sanitiser Gel
- ☐ Face Masks (optional)
- ☐ 1 x Insect Repellent (optional)
- ☐ Small quantity of money (optional)

Personal Kit (To Carry) - Continued ...

- ☐ 1 x Waterproof & Windproof Jacket
- ☐ 1 x Waterproof Over-trousers
- ☐ 3 x pairs Underwear
- ☐ 2 x pairs Walking Socks
- ☐ 2 x Thermal Tops or T-shirts
- ☐ 1 x spare Microfleece/Sweater
- ☐ 1 x spare Walking Trousers (warm; NOT jeans)
- ☐ 1 x pair of Trainers/Alternative Footwear (optional)
- ☐ 1 x Hat (warm)
- ☐ 1 x pair Gloves (warm)
- ☐ 1 x pair Shorts (if appropriate)
- ☐ 1 x Sunhat
- ☐ 1 x bottle of Sun Cream
- ☐ Water Purification Tablets (enough for 4 days!)
- ☐ 1 x pair Gaiters (optional)
- ☐ Tea Towel
- ☐ Food (small & lightweight) – Boil in the bag or dehydrated, i.e. Summit to Eat® or Wayfarer®

Team Kit to carry

- ☐ 2-3 tents (enough for all team members!)
- ☐ Trowel/Pocket knife
- ☐ 2-3 Camping Stoves (& fuel, in a safe container)
- ☐ 2 x long nosed lighter - NOT cigarette lighter (sealed in a dry container or bag)
- ☐ Maps of the area (laminated/no paper) – minimum of 3
- ☐ Map Case
- ☐ Minimum of 3 Compasses (Silva/Recta type)
- ☐ 2-3 x Cooking Pots (if not incorporated in stove e.g. Trangia®)
- ☐ Minimum of 2 wrist watches
- ☐ Minimum of 6 large bin liners (for rubbish, etc.)

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