



Red And Black ESU Duke of Edinburgh

Kit List

CLOTHING

	Got it	Packed it
1 pair of walking boots (broken in)		
2 pairs of walking socks + 1 Spare emergency pair		
1 pair of walking socks in a sealed bag as your Spare emergency pair		
Jacket/coat (waterproof and windproof)		
Waterproof over-trousers		
2 fleece tops or similar		
2-3 t-shirts (thermal optional)		
2 walking trousers (warm, NOT jeans)		
1 pair shorts (if appropriate)		
Underwear		
Nightwear		
Flip flops/sandals (optional for camp site use)		
Warm hat and/or sunhat (as appropriate)		
1 pair gloves (if appropriate)		
1 pair gaiters (optional)		

PERSONAL KIT

	Got it	Packed it
Rucksack - 65 or 70lts - The group has some available to borrow		
Rucksack liner (or 2 strong plastic bags)		
Sleeping bag		
Sleeping bag liner (optional)		
Sleeping mat		
Waterproof bag (2 x bin sacs)		
Torch (handheld/head torch and spare batteries)		
Food (including emergency rations) as agreed when planning		
Water bottle (2x 1ltr)		
Cutlery - knife, fork and spoon set		
Plate/bowl		
Mug		
Wash kit/personal hygiene items		
Sunblock		
Towel Lifeventure: if needed		
Small quantity of money (optional)		
Notebook and pen/pencil		
Watch		

GROUP KIT (to carry between the team) Provided by the Group	Got it	Packed it
Box of matches (in waterproof container)		
Personal first aid kit		
Whistle		
Tent(s) / Hammocks		
Tarpaulin with pegs		
Trangia Stove		
Jet boils		
Trangia Stove Fuel bottle with fuel		
Jetboil gas		
Scourers		
Tin opener (if required)		
Tea towels		
Plastic bags (for rubbish etc.)		
Toilet paper and trowel		
Maps (1:25 000/1:50 000) and Route Cards		
Compass		
Map cases Silva: M30 Carry Dry Map Case		
Camera (optional)		
Tick remover (location dependent)		
Survival bag		
Water purifying tablets		
Emergency Phone		
Hi-Vis Vest (attached to rucksack)		
Spot Tracker		

ADDITIONAL OPTIONAL KIT (for you to consider)	Got it	Packed it
Hydration pack - easier than carrying bottles		
Storm shelter Vango: Depending on location		
Small pocket tool		
After-sun cream		
Sunglasses		
Insect repellent		
Bite and Sting Relief		
String		
Spare boot laces		
Ball, playing cards etc.		
Mosquito net Lifesystems: Depending on location		