

Kit List for Silver DofE

Item needed	Packed
Walking boots	
3 pairs walking socks	
2-3 tshirts	
2 fleece tops or similar	
2 trousers/shorts (not jeans)	
Underwear	
Nightwear	
Warm hat/ sunhat	
Gloves (if appropriate)	
Sun lotion (if appropriate)	
Waterproof coat	
Waterproof trousers	
Rucksack	
Stong bin liners to line rucksack	
Sleeping mat	
Sleeping bag (wrapped in waterproof bag)	
Survival bag	
Notebook and pen/pencil (to help with aim)	
Watch	
Whistle	
Torch	
Personal first aid kit	
Emergency food rations	
Water bottle (1-2 litre)	
Knife, fork, spoon	
Plate/bowl	
Mug	
Matches	
Wash kit & towel	
Sponge & tea towel (pot washing)	
Food	
Camera (optional)	
Survival bag (large orange bag for use in emergencies or to keep kit dry at night)	
The following items will be distributed before the expedition	
Tent	
Trangia	
Fuel for trangia	
Map	

