

Got It	Packed It	Item Needed (Essentials in Bold)	Notes
CLOTHING			
		1 pair walking boots (broken in)	No trainers/shoes
		2/3 pairs walking socks	No sport socks as blisters more likely
		2/3 pairs sock liners (optional)	
		2/3 t-shirts / base layers	Ideally quick drying – not cotton-rich
		1 fleece tops or similar warm layer	
		1 Walking Trousers (quick drying material)	Not jeans / NO DPM
		1 leggings/spare trousers	Can be used to sleep in
		Underwear	
		Nightwear (optional)	Can sleep in leggings/t-shirt
		Flip-flops/sandals (optional for use in camp)	
		Warm hat &/or sunhat (as appropriate)	Recommend both for April
		1 pair gloves	
		Sunblock	Can be shared amongst group
		Waterproof over-trousers	
		Jacket/coat (waterproof & windproof)	Preferrably with hood – not too heavy
PERSONAL KIT			
		Personal First Aid Kit (see DofE website for ideas)	Bandages/blister patches/plasters
		Whistle	
		Compass (can borrow from Squadron)	Minimum 3 amongst group
		Toothbrush/Toothpaste	Toothpaste can be shared in group
		Personal wash kit (minimum weight) inc light towel	
		Water Bottle(s) Must carry 2 litres minimum	
		Personal food for 2 hot evening meals including desert 2 hot breakfasts and 3 lunches. Snacks for energy Packet soup/hot chocolate for hot drink	Lightweight food, cooked food should be shared menu, no raw meat or eggs Nuts and dried fruit, cereal bars etc good for energy. Oats so simple sachets make good lightweight breakfast made with water.
		Cup / Bowl / Spoon and fork or Spork	No knives are needed
		Sleeping bag (must be suitable for time of year)	Please ensure warm enough for temp
		Sleeping bag liner (optional)	
		Sleeping mat	

		Torch/head torch (lightweight)	Not phone – must have new batteries
		Rucksack 65 L (can be borrowed from squadron)	
		Rucksack liner (essential to keep kit dry)	Can use garden refuse sacks if strong
		Dry bags (essential for sleeping bag/clothes)	Can use garden refuse sacks if strong
Group Kit			
		Tent 2/3 man depending on group	Can be borrowed from squadron
		Stove and Fuel	Can be borrowed from squadron
		Group first aid kit (see DofE website for ideas)	Burns gels/gloves/bandages etc
		Maps (minimum 2 per group)	May be provided by squadron
		Map Cases	Can be provided by squadron
		Lighter / matches	Must be kept dry
		Rubbish backs	All rubbish must be disposed of properly
		Camera / Notebooks / anything required to carry out aim	