

Silver/Gold D of E Equipment List

Personal Equipment

Waterproof Jacket
Waterproof Trousers
Gaiters (optional)
Hats (cold weather – beanie or similar) **and** (hot weather – cap or similar)
Gloves (preferably waterproof)
Lightweight trousers (not jeans)
Thick Fleece
T-Shirt
Long sleeved T-shirt/Shirt
Underwear
Walking Socks (one pair per day and spares)
Full Set of Spare Clothes
Walking Boots (ankle height boots, with good tread)
Spare Laces
Rucksack with liner (rubble sack thickness)
Sleeping Bag
Sleeping Mat
Wash Kit (minimal)
Small Towel (flannel sized)
Watch (preferably with alarm)
Whistle
Torch (preferably head torch) with spare batteries and bulb
Survival (bivvy) Bag
Rubble Sacks (for waterproofing spare clothes and sleeping bag) *
Pocket Knife or Tin Opener
Waterproof Matches
Pot scourers
Carrier Bags for Litter (e.g. Tesco plastic bags)
KFSMP
Water bottle or drinking system (2 litres)
Daily Main Meals
Snack Foods (trail mix, chocolate, nuts, dried fruit etc)
Emergency Rations sealed
Note Book and Pencil
Personal First Aid Kit
Sun Screen

Tent Group Equipment

Tent	Trangia
Fuel bottle	Gaffer Tape
Compass	
Meths	Sterilizing Tablets
Para cord	Small Unbreakable Flask (optional)
Emergency Phone(s) sealed (2 if different service providers)	

Pack weight should not exceed a quarter of your body weight.

* Kit should be waterproofed, preferably in "dry-bags" or heavy-duty rubble sacks. Bin liners and carrier bags are not appropriate.