



What equipment do you need?



It is important to remember that everything you bring with you, you have to carry yourself for the whole expedition!

Group kit

Your team will be provided with tents, Trangia stoves and fuel as well as maps and compasses.

Personal kit

The kit outlined below is recommended by the DofE. Please read through it carefully along with the kit list. Off Grid Adventures does hire out rucksacks, roll mats and sleeping bags if you don't want to buy them (see your DofE manager for details).

Rucksack

On expedition, you will be carrying your own kit plus all your food and part of a tent or a stove. Therefore, you have to make sure your rucksack is big enough to do this. We suggest a 60-70 litre rucksack. When everything is packed it shouldn't weigh more than a quarter of your own weight.

Sleeping mat

You can buy a mat that rolls up - these are light but bulky. Or buy a mat that self inflates - these are comfy and pack down small but they can be heavy.

Sleeping bag



A good night's sleep is essential so make sure your sleeping bag is warm and comfortable. It also needs to pack down small. Think about the location of your expedition and the time of year. You can buy a sleeping bag liner in case it does get colder. You don't need a pillow - you can use your fleece!

Footwear

A good pair of **walking boots** will make any expedition more comfortable and enjoyable. Unlike trainers, walking boots provide ankle support which is great on rough terrain whilst carrying a rucksack. If you buy new boots then please get used to walking in them before the expedition. And make sure they are waterproof - wet boots = blisters! Walking boots are our first choice, but if you don't have them, then you can wear approach shoes (trainers made for walking up



hills or in woods) or sturdy trainers. Fashion trainers will get ruined so don't bring them! You can also bring trainers or sliders for when you are at the campsite but you can't wear sliders while cooking for safety reasons. **Walking socks** are worn with boots and are designed to minimise blisters with padding and moisture protection fabric.

Clothes

Waterproof jackets and trousers protect you from the wind, rain and cold. They are essential. Expedition clothing should be warm but lightweight. Layers are the key to a successful expedition. Thermal base layers and fleeces work well. Avoid cotton and heavy hoodies. Walking trousers are preferable to leggings because they are lightweight and dry quickly. **Use our kit list to guide you.** Bring a woolly in Spring and Autumn and a sun hat in the summer.

Water carriers

You need to be drinking two litres of water per day on expedition. We recommend using two one litre bottles made of clear and hard-wearing plastic. You can pack them on the outside of your rucksack in each pocket.



Eating utensils

Bring a plastic bowl for food and a mug for drinks. Bring a spork or a lightweight knife, fork and spoon set. If you need a knife to prepare your food, make sure you only use it at the campsite under your instructor's supervision. **Penknives are not allowed and will be taken away from you until the end of the expedition.**



First Aid Kit

Your own personal, small first aid kit is really useful. Buy a basic kit or create one yourself. We suggest you include the following: blister plasters, ordinary plasters, cleansing wipes, bandage, sterile dressing, small scissors and plastic gloves. Always bring your personal medication too.

Washbag

This should contain essentials such as soap, toothbrush and toothpaste, deodorant and sanitary products. Nothing else is needed.

Other stuff

A **watch** is essential because it is a navigation aid for working out your route timings and checkpoints. Bring a **torch** - preferably a head torch but any is fine, just remember to check the batteries! **Sun cream** is essential as the weather can change.

