

*Reigate School*

**Duke of Edinburgh  
Bronze Award**



## Equipment Guide

The following is a guide on suitable equipment you will need to complete your Bronze Duke of Edinburgh Award. You will not require a tent or a cooker/burner as these are supplied by the school. If you are struggling to get any items please let your D of E leader know as the school does have some spare items such as roll mats, bags and sleeping bags which you could borrow. Please do not buy lots of expensive kit that you may only use once or twice, but do make sure you invest in a good pair of walking boots or walking shoes.

### **1. Walking boots or shoes**

Boots or shoes are the most important bit of kit you should get. If you have poor fitting or inappropriate footwear it can really ruin the great experiences that you can have doing D of E. Walking shoes are fairly inexpensive (places like sports direct do them for around £20-£25) but have sturdy soles with good tread to give you grip during poor ground conditions. Boots offer the best support by far as they can help to reduce ankle injuries but are generally more expensive.



The walking boots and shoes offer the best support and have stiffened soles to make it more comfortable to walk on rough uneven ground.

Inappropriate footwear. No support and no grip.

Walking boots and shoes are generally made from leather or suede and have fabrics such as Gore-Tex (waterproof fabrics). Whatever your choice you must break your boot/shoes in. Go out for walks locally to get them used to how you walk, you may get blisters when doing this but better than getting them on your expeditions. Suede is often more forgiving as they take less time to break in and are often softer but are not as hardwearing as leather.

### **2. Socks**

For a two day expedition it is advisable to have at least three pairs of socks. There are different opinions on how many pairs of socks should be worn when walking. Some people prefer to wear one thin pair and one thick pair together others wear only one thick pair.

Thick loop stitched socks provide extra cushioning and added comfort. Socks can be wool although the new socks available now (such as Thorlos) are a mixture of man-made fibres and can be more comfortable and cooler than wool. Nylon should be avoided.

### **3. Trousers**

Two pairs of trousers are needed for a two day expedition – one to wear and one spare.

Jeans (cords or other cotton products) are NOT suitable for walking. When wet they are extremely heavy and take heat away from your body instead of insulating it. They also take a long time to dry out.

Suitable trousers include:

- Tracksuit trousers – ones made from polycotton and or nylon are good as they dry quickly and have some wind proofing.
- Cargo pants (not cotton).
- Walking trousers such as those made by Craghoppers or Karrimors are ideal and can be found reasonably priced in places like TK-MAX or Sports Direct.

Shorts can be worn but no skimpy designed ones. You could get very easily stung or cut by stinging nettles so trousers are better but skimpy shorts are not really appropriate.

#### 4. Upper layers

It is more convenient to take a few thin layers on an expedition rather than one thick layer as this allows for adjustment to different weather conditions. If all you take is a thick fleece and the sun comes out you will probably overheat and this can slow your progress.

##### Inner layer

An inner layer is the one that is worn next to the skin and there are a variety of garments that could be worn. Modern thermal tops are ideal to wear as an inner layer. They are very light and are made from material that wicks sweat away from your skin keeping you more comfortable and reducing the chance of chilling. On warm wet days these are comfortable when worn on their own under a waterproof jacket. Cotton t-shirts should be avoided as they hold sweat next to the skin and this can cause severe chilling and discomfort.

##### Middle layer

The middle layer should be put on when you are starting to get cold and should be removed when you are feeling hot. Two or more middle layers are useful so that an extra layer can be applied if you get cold.

Suitable middle layers would be thin fleece jumpers or thin woollen jumpers. Again avoid cotton. Sweat-shirts are often made of cotton as are rugby / hockey shirts. These are heavy when wet, take a long time to dry and, when wet, take heat away from your body.

##### Outer Layer – Waterproofs

Waterproof jacket (with hood) and trousers are **essential**. They keep out the rain but are also useful in windy conditions. Please ensure that your waterproofs are fully waterproof and not just showerproof. There are many suitable waterproof materials available – Goretex is good as it is waterproof and breathable and so allows sweat to evaporate from your body. There are suitable waterproofs available made from other breathable materials. Some fabrics are waterproof and not breathable – these are suitable when it is raining but can generate much condensation on the inside so are not usually comfortable to wear when the weather is dry.

A hat is also useful to keep you warm or to shade from the sun. If the weather looks to be good then a baseball or sun hat is essential as well as sun protection. If it looks to be colder, and the evenings are often cold; then a warm hat and gloves may be needed.

## 5. Navigational and other important equipment

### Compasses and maps

The school will supply compasses and maps with map cases for your groups. These are crucial and must be looked after.

### Torch

You will need a torch plus spare batteries. Head torches are very useful leaving your hands free to complete other tasks. LED style torches are better as they are more robust and batteries last a long time. They are generally more lightweight and smaller than traditional filament style torches.

### First Aid Kit

**Each group will be given a first aid kit by the school. These will have basic first aid equipment in such as plasters and bandages.** You may wish to invest in Compeed blister plasters in your own kit. You can get these from supermarkets and chemists and are great for those of you who may suffer with blisters. The medium sized plasters are better than the variety as they can be cut down.

### Pencil and Paper

To write down the location of your group etc. in an emergency.

### Emergency Food Rations

These should be kept for use in emergency situations and should have a high calorie content and be light weight.



## 6. Wash kit

Keep washing items to a minimum – a toothbrush, toothpaste and a small amount of soap should be enough. Baby wipes can be a good alternative to a full wash kit. Do not take a heavy bath towel – a small hand towel (the older and thinner the better) or a tea towel will be more than enough for two days.

## 7. Other Kit

Water bottle - this is essential - even in bad weather conditions you will need to drink plenty of water. It is also useful at the campsite to carry water from the tap to your tent.

You will also need a **sleeping bag** and a **sleeping mat** and there will be group items you will need to take as well – including a **tent** and **stove** – so do not overload on non-essential items (makeup and nail polish are **NOT** essential!!). Your staff instructor will show you how to use the school Trangia stoves and how to set up the school tents. These items can be divided amongst tent group members to share the load.

All of the above items you will have to carry in your rucksack. So stop and think. Is it really necessary? Do I need it? Every extra item adds weight which you will have to carry and you will have to get the tent into the rucksacks too although this can be split amongst the members of your group.

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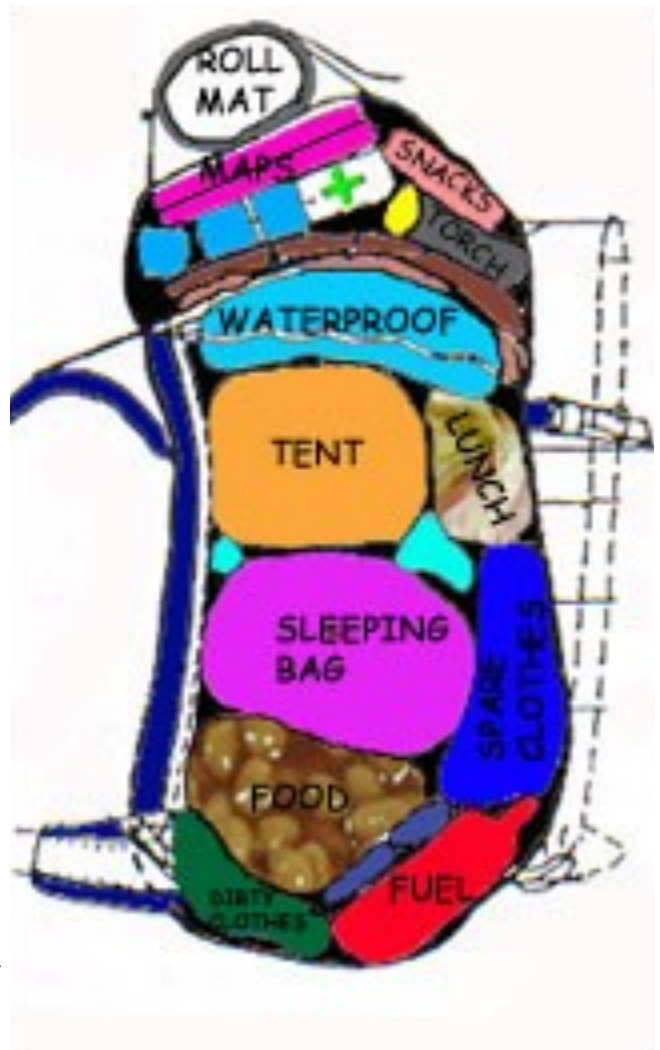
Some important features to look for when buying an expedition rucksack

It should be large enough to carry equipment for multi day treks. A 50-60 litre capacity is the recommended size advised for such trips.

## Packing Your Rucksack

Here are some tips to help you pack your rucksack:

1. Line your rucksack with a rucksack liner or a strong plastic bag, a bin liner will do.
2. **ALWAYS** put your sleeping bag **inside** a plastic bag **inside** the plastic liner of your rucksack.
3. Put items that you are unlikely to require when walking during the day, such as your sleeping bag, stove, fuel and camp food, at the bottom of your rucksack.
4. You will probably need your waterproof jacket and trousers during the expedition so keep them handy near the top of your rucksack.
5. Keep first aid kit, torch, matches, money and other valuables inside a plastic bag and locate near the top of your rucksack or somewhere they can be found easily in an emergency.
6. Keep your food and liquid for the day in a side pocket of your rucksack or near the top.
7. Map, compass and route card will be used frequently and so must be easily accessible.
8. Generally, heavy items such as tents should be packed close to your back and as high up as possible. This reduces the downward and backward pull on your back and should be more comfortable to carry.
9. Avoid hanging items, particularly heavy ones, from the outside of your rucksack. The swinging motion will interfere with your walking rhythm and will make you tire more quickly.
10. Make sure that your spare clothes are kept in a plastic bag to prevent them from getting wet.



## Equipment Checklist

Packed	Clothing
	Boots/Shoes <b>not trainers</b>
	Socks
	Underwear
	Trousers
	Fleece/T-shirt
	Cap/Warm hat
	Waterproof Jacket
	Waterproof Trousers

Packed	Personal Camping Equipment
	Sleeping Bag
	Sleeping Mat
	Wash Kit
	Mug & Plate
	Knife, fork and spoon
	Water bottle

Packed	Personal Equipment
	Watch
	Torch (and spare batteries)
	Emergency food rations
	Spare Clothes
	Small amount of change
	Food for the expedition

Packed	Group Equipment
	Cleaning equipment
	Tin opener if needed

Packed	Equipment supplied by the school
	Tent
	Compasses
	Maps
	First aid kits
	Cooking stoves