

Expedition Kit List

Hexnet will provide maps, printed routes and route cards along with a group first aid kit.

We have some items available for loan, we do however **expect that most items will be sourced by the Scout**.

Many Explorer Units and Scout groups have equipment that can be borrowed, also please ask friends and family.

Clothes

Waterproof jacket + trousers

Hiking boots – worn in

Thin and thick socks – clean thin socks for each day walking

Warm jumper or fleece

T-shirts / base layer

Long trousers – NOT JEANS

Hat and gloves – even in summer!

Spare set of clothes

Undies!

Shared kit – think about how you share the weight of shared kit based on individual abilities

Stove + gas - NO OTHER FUELS ALLOWED

Pans

Tent

Group first aid kit

Washing up liquid / T-towel

Toilet roll

Maps, routes + compasses

Camera (cheap/disposable)

Personal kit – do you NEED that extra stuff that's not on this list? You've got to carry it!

Sleeping bag + mat

Knife, fork, spoon + bowl/plate

Lighter / waterproof matches

Emergency rations – these should still be intact at the finish line!

Food & drink – including lunch for each day walking – and **2 litres** of water (minimum)

Food & drink for campsite – cookable dinners and breakfast for each night camped

Personal wash kit – toothbrush etc

Personal first aid kit – plasters etc

Cheap waterproof watch – each!

Torch and spare batteries

Whistle

Pen and paper

Sun block

And a rucksack to put it all in! (approx. 60 litres)

Mobile phones

We encourage you to bring an old mobile phone. You will not have routine access to it. It will be sealed in a bag, only to be opened in absolute emergencies. Your group will be given a HEXNET phone.

Make sure you have alternative ways of time keeping, waking in a morning, photo taking and music playing etc.

Anyone found with an undeclared mobile phone will be sent home immediately.

One of DoFE's core principles is about solitude and independence. We do not believe mobile phones are in keeping with this.

Packing tips:

Make sure everything is in carrier bags / bin liners **and** in a rucksack liner to keep your kit dry - rucksack cover is NOT enough

Don't hang things off your bag other than your sleeping mat – it will be less comfy to carry

Sleeping bag at the bottom, heavy things near your back, things you need during the walk- in the pockets

THINK – do you need a plate *and* bowl? tea spoon *and* desert spoon? etc

Ideally, your fully packed bag should weigh no more than ¼ of your body weight