

Adventurous Journey Recommended Kit List

This list is an illustration of the type of items you may need when undertaking an Adventurous Journey for The Duke of Edinburgh's International Award. This list is to be used as a GUIDE only and there is no obligation to buy all the specific items we recommend.

The school has a number of rucksacks and tents that are available to participants for their Adventurous Journeys.

Clothing		
Item	Got it	Packed it
Quality hiking boots (broken in, with spare laces)		
Hiking socks (synthetic or wool or combination)		
Waterproof jacket with hood		
Waterproof over-trousers		
T-shirts (breathable, synthetic)		
Hiking trousers (NOT jeans, durable)		
Thermal base layer top (isothermal, breathable)		
Thermal base layer leggings (isothermal, breathable)		
Fleece jacket (warm, synthetic, with zip)		
Warm fleece beanie hat		
Fleece gloves		
Sunhat		
Underwear		
Flipflops/trainers (optional for evenings)		
Spare warm clothing (for campsite)		

Group Kit		
Item	Got it	Packed it
Tent		
Compasses (at least 2 per group – Silva Ranger)		
Route cards, maps & map case		
Notebook & pen / pencil		
Cooking stoves (at least 2 per group)		
Gas canisters with safety valve		
Cooking pans		
Box of matches (in waterproof container)		
Detergent for cooking pans & sponge		
Food to cook with team for dinner (pasta, rice, noodles, vegetables, sausages, etc)		
Tea towels		
Plastic bags (for rubbish, recycling etc)		
Camera / video camera		
Duct tape (for repairs)		

Personal Kit					
Item	Got it	Packed it	Item	Got it	Packed it
Rucksack with waterproof cover			Water bottle(s)		
Sleeping bag			Vacuum flask		
Sleeping mat			Knife, fork, spoon		
Head lamp with spare batteries			Plate / bowl (unbreakable)		
Watch			Mug (unbreakable)		
Whistle			Towel		
Personal first aid kit			Money		
Sunblock (if appropriate)			Walking poles (optional)		
Insect repellent			Toilet paper		
Wash kit / personal hygiene items			Waterproof bags to store your things dry		
Mobile phones (at least 2 per group, fully charged, turned off and sealed for emergency)			Personal food for the day (sandwiches, boiled eggs, fruit, energy bars, biscuits, nuts & raisings combo, canned food, etc)		

If you need more information about the Adventurous Journey kit, please contact the Award Centre Coordinator.