



Duke of Edinburgh Kit List – Shackleton Explorers

For safety reasons we insist that all Scouts have the equipment listed in this kit list. If you have any questions, please contact us as early as possible by emailing Shackleton.Explorers@cdscouts.org.uk. Please remember keep the overall weight down, do not pack unnecessary kit or other items

It is essential to pack all spare clothes and sleeping bag into sealable plastic bags or dry bags to keep them dry.

Clothing

Item	Comments	Got it	Packed it
1 pair of walking boots (broken in)	Boots are required to both keep feet dry and to help protect against sprained ankles etc. Can be worn to and from camp and not packed in bag.		
2 pairs of walking socks	One to wear, one for spare You must have proper hiking socks NOT sports socks or you will get blisters.		
Jacket/coat (waterproof and windproof)			
Waterproof over-trousers			
2 fleece tops or similar	One to wear whilst walking and one as a spare. Nothing bulky.		
2-3 t-shirts (thermal or activewear)			
2 walking trousers (warm, NOT jeans)			
1 pair shorts (if appropriate)			
Underwear			
Nightwear			
Flip flops/sandals (optional for camp site use)			
Warm hat and/or sunhat (as appropriate)			
1 pair gloves			
1 pair gaiters (optional)			

Personal Kit

Item	Comments	Got it	Packed it
Rucksack	Expedition rucksacks are generally 65 – 70 litres to enable participants to pack all required expedition equipment.		
Rucksack liner (or 2 strong plastic bags)			
Sleeping bag	Must fit inside rucksack. Place in dry bag or plastic bag to keep dry. Should be a 3-season bag.		
Sleeping Bed Roll	Ideally small enough to be placed in rucksack.		
Sleeping bag liner (optional)			
Whistle			



Torch (handheld/head torch and spare)			
Personal first aid kit & Tick remover	Make sure you have Compeed blister plasters in your 1st Aid kit.		
Food (including emergency rations)	As your menu		
Water bottle (minimum 1 litre)	Do not use disposable mineral water type bottles. They crack and leak in bags. It needs to be a proper water bottle or camel pack (don't buy cheap camel packs they leak)		
Cutlery, Plate/bowl, Mug			
Box of matches (in waterproof container)			
Wash kit/personal hygiene items (Some items could be shared as a group)	The wash kit needs to be small and light and should only include: Cut down toothbrush, small tube of toothpaste, Small bottle of shower gel (enough for 2 showers, and 2 washes), Handy wipes, Hygiene items		
Sunblock/Aftersun			
Towel			
Small quantity of money (optional)			
Notebook and pen/pencil			
Watch			
Sunglasses			
Insect repellent			
Spare boot laces			
Washing Up Liquid and Pan Scrubber	(Some items could be shared as a group)		
Medication	If you are prescribed an asthma inhaler or an epi-pen or similar, this or any other prescription medication that is required for a medical emergency pack it clearly labelled in the top pocket of your rucksack.		
Black Bin Bags (for rubbish)			
Tea Towel	(Some items could be shared as a group)		
Walking Poles (optional)			

Group Kit (Provided but to carry between Team)

Item	Comments	Got it	Packed it
Tent(s)			
Camping stove(s)			
Camping stove fuel (in an appropriate and safe)			
Cooking pans	Included with Trangia stoves		
Tin opener (if required)			
Maps (1:25 000/1:50 000)			
Compass			
Map cases			
Orange Survival bag			
High Vis Jackets			