

### Duke of Edinburgh suggested gear list

Please use this checklist for the gear you should carry

Keep the list for future expeditions. Amend the list with your personal preferences.

Pack	large enough to hold everything (ie nothing dangling on the outside!) 60 litres is a good size
Waterproof pack liner	preferably Yellow Mountain Safety Council Pack Liner, or large rubbish bag
Sleeping bag	Either synthetic or down is fine, down packs smaller.
Bedroll	Either foam or inflatable
Toilet paper	In a zip lock bag
Water bottle	minimum 1.5l
Supermarket bags	to carry out your rubbish and put wet clothes etc in
Personal First Aid and Survival Kit	including personal medication, plasters, panadol, bandage, blister tape, whistle, emergency blanket (silver) and emergency energy food.
Sun block	
Insect repellent	
Utensils/plate	You don't need a full dining set, 1 plate 1 cup and cutlery all plastic or metal
Small Torch	With spare batteries
Water treatment	Purification tablets
D of E book	In a ziplock bag. Bring it so we can sign it.
Compass	Its good to have your own.
Map	Supplied by AdventureWorks
<b>Clothing</b>	
Waterproof jacket	With hood seam sealed and breathable preferably. Not light weight nylon training jacket or lined ski jacket
Waterproof over trousers	Optional but recommended
Boots	Strong and comfortable. Running shoes are not appropriate on rough bush tracks. Shoes need to have a stiff sole and good tread, preferably ankle support. The tracks are rough and slippery
Thermal underlayer +spare	Merino or polypropylene. Long sleeved top and bottoms x2
Warm jersey	Fleece or wool
Socks	Two pairs. One for walking each day and one to keep dry at night (on a four day hike you might want three)
Shorts and T-shirt	For walking (not cotton, quick drying sport type fabrics)
Underwear	Generally cotton doesn't work very well.
Warm hat	Polyprop gloves optional
Sun hat and sun glasses	
<b>Small Group Gear</b>	
Amongst a group of 2 -4 you will need	
Tent	Big enough for the size group you have but not too big and heavy
Stove	Recommended two stoves between three or four
Pots	One to keep clean for water and one big enough for the groups dinner.
Washing up equipment	Biodegradable detergent. Pot scrub and sponge
<b>GOLD ONLY</b>	
Planning	Route cards to be completed each day your Risk Management and Group planning

**COTTON CLOTHING IS HAZARDOUS:** Cotton holds water and draws heat from the body. A person wearing wet cotton will get cold quickly even if protected from wind and rain.  
Once wet cotton is heavy and will not dry during the tramp.