



Cambridge University
Duke of Edinburgh's Award Society

Suggested Kit List for Expeditions



- 1 x Pair of walking Boots (broken in)
- 1 x Waterproof jacket
- 1 x Waterproof trousers
- 1 x Large Rucksack (approximately 65 litre capacity)
- 2 x Strong, large plastic bags (to line your rucksack)
- 1 x Sleeping mat
- 1 x Sleeping bag (in a waterproof bag)
- 1 x Survival bag (big orange tough plastic bags)
- 1 x Thermal/Space Blanket
- 1 x Personal First Aid Kit
- 1 x Watch
- 1 x Whistle
- 1 x Notebook & pen/pencil
- 1 x Torch & spare battery
- 1 x Emergency food rations (i.e a few chocolate bars etc)
- 2 x Water bottle (e.g. Sigg or strong plastic, to hold 1 to 2 litres)
- 1 x Knife, fork, spoon
- 1 x Small Pen Knife
- 1 x Plate/bowl
- 1 x Mug
- 1 x Box of matches (sealed in a dry container or bag)
- 1 x Wash kit (small)
- 1 x Towel (small)
- 1 x Compass (if you have one)
- 4 x Pairs Underwear
- 3 x Pairs Walking socks
- 2 x Tee shirts
- 1 x Fleece
- 2 x Walking trousers (NOT jeans; one spare)
- 1 x Hat (warm)
- 1 x Pair Gloves (warm)
- 1 x Sunhat & sun cream
- 1 x Mosie Repellent
- 1 x Pair of trainers (optional)
- 1 x Long Johns (optional)
- 1 x Pair of Gaiters (optional)
- 1 x Camera (optional)

Additionally you will need to bring food for the duration of the expedition. Please do not rely on Pot Noodles!