



**MINIMUM COMPULSORY EQUIPMENT AND CLOTHING FOR**  
**THE D of E EXPEDITION**

**TEAM EQUIPMENT - PROVIDED BY TEAM MEMBERS**

1. Each **TEAM** must have:

Item	Quantity	Comments
1:25000 Map	1	Must cover complete area you are walking in.
Map Case	1	For above maps, can be excluded if laminated map.
SILVA type compass	2	<i>Recommendation:</i> base plate to be at least 10 cms.
Torch	2	Torches. Torches employing LEDs are recommended. One torch per tent group.
First Aid Kit	One per tent group.	Should include Band-Aid strips (6 cms wide), Zinc Oxide plaster (2.5 cm wide), 2 x 10 cm wide bandages, 2 x triangular bandages, 2 x Melolin gauze dressings, antiseptic wipes, blunt-nosed scissors, pain killers, Calamine cream, insect repellent, <b>sunscreen</b> . Individuals to carry blister treatment.
Stove & fuel	One stove per tent group.	stove and fuel (No mentholated spirit stoves), gas with self sealing top only. Plus pan/s to cook in.
Tent		To provide complete shelter for the entire team. Bivvy bags are not accepted. Tents are to be either of standard design (waterproof flysheet, non-waterproof inner and waterproof groundsheet) or a single skin waterproof design with built-in waterproof groundsheet.
Mobile Phone	X2	Only for use in emergency. Preferably different networks. (Not to be relied upon).

Green school provides on loan

Yellow we have some basic equipment we can loan

White you provide



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#### INDIVIDUAL EQUIPMENT

Each PARTICIPANT must have:

Item	Quantity	Comments
Recording equipment for reports		This could be any of these; pencil, crayons, paper, water colours, camera, tape recorder, video recorder, etc.
Food	1 Breakfast., 2 lunches, 1 main meal	One main meal must be hot. Convenience noodle-based food is not accepted as a main meal. Pre packed, Wayfayrer type meals are to be recommended. But it must be palatable to the individual & it is usual to plan meals for the whole tent party. Pack food in separate bags for each meal & label accordingly.
Rucksack	1	To have a separate waterproof lining, no larger than 65 litres and a maximum loading of 35 lbs. Needs to fit well. Girls & small lads should consider purchasing women's fit rucksacks.
Waterproofs	1 jacket 1 trousers	Jacket to have an attached hood. Both garments to have taped seams and to be of robust construction.
Warm headgear	1	Should cover ears and top of head.
Footwear	1 pair	To offer ankle support and have a Vibram-type sole. See handout on FEET, very important
Gloves	1 pair	
3 season Sleeping bag	1	To be in a waterproof bag.
Water bottle	1	Platypus type systems, are to be encouraged. Water bottles which you purchase bottled water of the shelf are insufficiently robust.
Whistle	1	
Survival bag	1	of body length and manufactured from heavy duty plastic (garden fertiliser bag material). Aluminium space blankets are NOT acceptable.
Sleeping Mat	1	Rolled, thermal insulated and of body length.
Reserve Food Pack	1	for emergency use only. <i>Recommendation:</i> to contain hot drink, high energy foodstuffs and to be wrapped separately from main food.
Personal Hygiene		Equipment to ensure dental & personal hygiene is maintained. Although the expedition is only 2 days, standards should be set which are suitable for much longer expeditions.
Cutlery & Mug		1 spoon only + large insulated mug



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### INDIVIDUAL EQUIPMENT CONTINUED

<b>CLOTHING</b> (one set is worn, the other carried in the rucksack, a compression sack is useful to get them packed small)		
Socks	2 pair	High quality walking socks are essential. see handout on 'FEET'
Base layer	2	Wicking type preferred; Cotton T-shirt is not suitable for base layer.
Shirt	2	Long sleeved, with a colour to protect the back of you neck are good. Thin fleece's work well
Trousers	2 pair	Which split to make shorts are useful. Definitely not jeans or other cotton based trousers or tracksuit bottoms. Ideally robust and wind proof. X-Army style light-weight green trousers are fine. Tracksters will ONLY be acceptable if EACH pair is accompanied by a set of thermal trousers.
Fleece Jacket or jersey	2	2 lighter jerseys or "fleece jacket". They don't need to be anything fancy a £5 thick fleece from Tesco's is fine.
<p style="text-align: center;"><b>N.B.</b></p> <p><b>Rule:</b> Half of the above Clothing is to be wrapped in a waterproof bag as "Spare Clothing"; both halves of clothing are to be of similar standard.</p>		

### SunSmart

Deaths from skin cancer in the UK now outnumber Australia! There has been a 25% increase in reported cases of skin cancer in the last 5 years.

11am to 3pm are the most dangerous times of the day.

So long sleeved shirts (definitely no bare shoulders), hat, sun glasses & factor 15+ sun lotion are called for.

Apply sun lotion 15-20mins. Before going out in the sun (the lotion does not work immediately), then reapply again when you go outside, + reapply often.

Windy days, disguise the heat of the sun, beware.

A tan is a sign of damaged skin.



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[www.sunsmart.org.uk](http://www.sunsmart.org.uk)