



## Duke of Ed Expeditions Equipment List

The following items are for the participant's well-being and **MUST** be brought to camp.

\* Marked items can be **purchased and/or hired** via our online store. Items will be labelled with the student's name and issued upon arrival.

TICK

<b>Rucksack *</b>	65 - 70 litres with internal frame. <b>All equipment must fit inside the rucksack.</b>
<b>Tent *</b>	Must be a lightweight and compact, hiking-style tent - maximum 2.5kg for a 2-man tent. May be shared with other participants.
<b>Food</b>	Please make sure sufficient food is carried for length of trip. Lunches should not require cooking. <b>No nut/peanut products or ingredients.</b> Refer to our Duke of Ed Fact Sheet <a href="#">'Meal Information &amp; Suggestions'</a> for more details.
<b>Sleeping Bag * (&amp; Liner) *</b>	Lightweight and compact. For programs in May to September ensure bag is warm enough for overnight temperatures. (Temperature/comfort rating -5° to -10° is recommended, check your bag's tag). <b>Must fit inside your rucksack.</b>
<b>Sleeping Mat *</b>	A <b>hiking-style</b> foam mat or self-inflating mat. Lightweight, compact, approx. 1cm thick. No pillows required.
<b>Rain Jacket *</b>	Must be waterproof, durable and long enough to cover to approx. mid-thigh, with a hood. Spray jackets, parkas, plastic raincoats and ponchos are not suitable.
<b>Closed-Toe Footwear (2 pairs)</b>	<b>One pair must be sturdy, comfortable and have lots of grip.</b> Cross-training sneakers and hiking shoes are both suitable. (Volleys, Rabens, skate shoes and other canvas shoes are not suitable) <b>Second pair must be able to get wet and dirty.</b> Old runners, cheap canvas or 'aqua shoes' are ideal.
<b>Sun Hat</b>	A compulsory item. We recommend a soft hat with a full brim. Sunglasses are optional. Caps are unsuitable as they do not provide adequate protection for the face and ears.
<b>Water Bottles * (or bladder)</b>	Must be <b>durable</b> and <b>leak-proof</b> . You will need to bring bottles that have a combined capacity to carry: <b>3 Litres</b> for programs in October to April. <b>2 Litres</b> for programs in May to September <i>No need for treatment supplies   No need to bring full – can be filled at camp.</i>
<b>Clothing</b>	Please select items with respect to <b>season, length</b> of program and the <b>outdoor activities</b> (older clothing is ideal): <ul style="list-style-type: none"> <li>• <b>Long Pants and Long-sleeved Tops:</b> leggings and track/outdoor pants are ideal (no jeans).</li> <li>• <b>Shorts &amp; T-Shirts:</b> collars are recommended (no singlet, crop or 'muscle' tops), shorts must be to at least mid-thigh and not too tight (denim is unsuitable).</li> <li>• <b>Jumper/Jacket</b> (1 minimum): Polar-fleece (or down) material is best. Not too bulky or heavy.</li> <li>• <b>Socks &amp; Underwear:</b> Thick socks are more comfortable. Ankle socks are unsuitable.</li> <li>• <b>For programs in May to September:</b> Thermals (top and bottom), beanie and gloves.</li> <li>• <b>Swimwear:</b> Rash vest/T-shirt and swim-shorts must be worn over, and a travel towel.</li> </ul>
<b>Pen(cil) &amp; Notepad</b>	Duke of Ed Award participants require these items for route planning; and to take notes and sketches/photos for their journey report. If route planning and / or pre-journey notes paperwork were provided prior, please bring these to camp
<b>Mess Kit</b>	<b>Just;</b> a spoon or spork; a pasta-style bowl (can be used as a plate too) and a mug! Disposables are unsuitable. <b>Somerset provides chopping boards, knives, fuel stoves, pots, fuel &amp; matches (please do not bring your own stove for safety reasons).</b> Zip-lock/plastic bags to store rubbish as you have to take it with you.
<b>Personal First Aid &amp; Medication</b>	<ul style="list-style-type: none"> <li>• Somerset Group Leaders carry a comprehensive First Aid Kit.</li> <li>• Please bring any medications (prescription and non-prescription) that are routinely used. Details of medications must be listed on the medical form. Medications brought to camp must have name and instructions attached. Please bring strapping tape too, if routinely used</li> <li>• <b>Notify your Teacher</b> (if one is attending) or <b>Group Leader</b> of medications on arrival and also advise them when and if any are taken whilst on program.</li> </ul>
<b>Torch *</b>	A small compact torch with spare batteries (head torches are convenient).
<b>Toiletries</b>	Think small. Include toothbrush & paste, comb and personal sanitary items. Toilet Paper is provided (If bringing wipes ensure these are disposed of in the rubbish/sanitary bin – do not flush into septic). <i>There is a chance for showers only on Bronze Prac or All-in-ones/Combos – please bring a small towel and small soap/shampoo if attending 1 of these journeys</i>
<b>Sunscreen &amp; Insect Repellent *</b>	Small tubes. <b>No aerosols.</b>
<b>Garbage Bags</b>	For waterproofing and/or storing wet gear. Large, heavy duty, any colour but black please (we use black for rubbish).

## Key Points to Note

### Rucksack needs to be a minimum 60-70L.

If hiring or purchasing a rucksack from Somerset – please bring all clothing & equipment in a soft sports/duffle bag or similar. Personal bags and any extra gear will be stored at Base Camp until the end of the program.

**Everything...**all clothes, equipment and food must fit inside, nothing is to be strapped onto the outside of the pack.



### Pack Light – be mindful of space

Students will carry the rucksack on their back and / or in the canoe with all their personal gear as well as some group equipment. For safety, rucksacks will be weighed upon arrival.

Weight limits are: Bronze <12kg, Silver <14kg, Gold <16kg (including full water bottles).



### Choose clothing & equipment with respect to season, length and type of program

Please be mindful that what is packed needs to be appropriate to the weather and the nature of outdoor activities. Otherwise students may be wet/cold/sunburnt, or uncomfortable, etc.



### Refer to our website and 'BLOG' page for Duke of Ed Information, Facts, Tips and Tricks

Containing a wealth of valuable information and will answer many of your questions.

Equipment reviews, packing tips etc. [Blog Page](#).



### Visit our On-line Store

Through our online system you may hire and purchase gear that you don't have.

This gear will be labelled and ready the student upon arrival at camp. [Online Store](#).



## Please **DO NOT** bring the following items to camp.

### Singlets & short shorts

Inadequate sun protection and not "outdoor activity" friendly.



### Thongs & flat-soled shoes

Inappropriate and unsafe for activities and campsites.



### Mobile phones, PDA's iPods/MP3 players, Apple watches, Cameras etc.

Risk of loss or damage. There is no reception or wi-fi.



### Junk food OR energy drinks

Heavy to carry & lack nutrition. Attract insects. Allergy risk.



### Money OR valuables

Nowhere to spend and easily lost or damaged during activities.



### Products containing nuts/peanuts or nut/peanut ingredients

We are a nut-aware camp to reduce exposing anaphylactic students.



### Stoves, aerosols, matches/lighters & pocket knives

Knives and other cooking utensils etc are provided. Aerosols are a fire hazard, can also cause asthma attacks and are not environmentally friendly.

