

## A recommended Equipment List for Duke of Ed expeditions.

Please select equipment with respect to season, length and outdoor nature of the program. For your safety, rucksacks will be weighed upon arrival. Weight limits are as follows: Bronze – 12kg / Silver – 14kg / Gold – 16kg (including full water bottles).

Please refer to the [Duke of Ed Fact Sheet 'Equipment Selection & Packing Tips'](#) for more information.

(\*Marked items can be purchased and/or hired via our [online store](#) and issued upon arrival.)

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

<input type="checkbox"/> <b>Rucksack*</b>	65 – 70 litres with internal frame. <b>All equipment must fit inside the rucksack.</b>
<input type="checkbox"/> <b>Tent*</b>	Must be a lightweight and compact, hiking-style tent – maximum 2.5kg for a 2-man tent. May be shared with participants of the same gender.
<input type="checkbox"/> <b>Food</b>	Please make sure that sufficient food is carried for length of trip. Lunches should not require cooking. <b>No nut/peanut products or ingredients.</b> Refer to <a href="#">Duke of Ed Fact Sheet: 'Meal Information &amp; Suggestions'</a> for more details.
<input type="checkbox"/> <b>Sleeping Bag (&amp; Liner)*</b>	Lightweight and compact. For programs in May to September ensure bag is warm enough for overnight temperatures ( <b>a rating -5° to -10° is ideal, check your bag's tag</b> ).
<input type="checkbox"/> <b>Sleeping Mat*</b>	A foam mat or self-inflating mat is suitable. Ideally lightweight, compact and <b>MUST fit inside your rucksack</b> . No yoga mats or pillows.
<input type="checkbox"/> <b>Rain Jacket*</b>	Must be waterproof, durable and cover to mid-thigh. Spray jackets, parkas, plastic raincoats and ponchos are not suitable.
<input type="checkbox"/> <b>Closed-toe Footwear (2 Pairs)</b>	<b>One pair MUST be sturdy, comfortable and have lots of grip.</b> Runners and hiking shoes are both suitable. Volleys, Rabens, skate shoes and other canvas shoes are <b>not suitable</b> . <b>Second pair MUST be able to get wet and dirty.</b> Old runners or 'aqua shoes' are suitable.
<input type="checkbox"/> <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.
<input type="checkbox"/> <b>2 Water Bottles*</b>	Bottles must be durable and leak-proof. <b>MUST</b> have the capacity to carry: <ul style="list-style-type: none"> <li>• <b>3 Litres</b> for programs in October to April</li> <li>• <b>2 Litres</b> for programs in May to September</li> </ul>
<input type="checkbox"/> <b>Clothing</b>	<i>Please select with respect to season and length of program (older clothing is ideal):</i> <ul style="list-style-type: none"> <li>• Long-sleeved pants and tops – leggings and track/outdoor pants are ideal (no jeans).</li> <li>• Shorts &amp; T-Shirts - collars are recommended (no crop or tank tops), shorts <b>MUST</b> be to mid-thigh and not too tight (denim is unsuitable).</li> <li>• Jumper/Jacket (1 minimum) - Polar-fleece material is best. Not too bulky or heavy.</li> <li>• Socks &amp; Underwear – Thick socks are more comfortable. Ankle socks are unsuitable.</li> <li>• For programs in May to September: Thermals (top and bottom), beanie and gloves.</li> <li>• Swimwear – Sun top/T-shirt and swim-shorts must be worn, and a travel towel.</li> </ul>
<input type="checkbox"/> <b>Pen(cil) &amp; Notepad + Camera (optional)</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 paperwork was provided prior, please bring it. Camera care is your responsibility (phone cameras are not allowed).
<input type="checkbox"/> <b>Mess Kit</b>	Includes: Cutlery, plate, bowl and mug. Only bring items you require for your meals. Disposables are unsuitable. <b>Somerset provides chopping boards, knives, methyated fuel stoves, pots, fuel and 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.
<input type="checkbox"/> <b>Personal First Aid &amp; Medication</b>	Somerset Group Leaders carry a comprehensive first aid kit. Consider bringing Band-aids and bite cream for personal use. Please bring strapping tape too, if routinely used. <b>Please bring any medications (prescription and non-prescription) that are routinely used. Details of medications must be listed on the medical form.</b> Medications brought must have name and instructions attached. Notify your Group Leader of medications upon arrival and also advise them when and if any are taken whilst on program.
<input type="checkbox"/> <b>Torch*</b>	A small compact torch with spare batteries (head torches are convenient).
<input type="checkbox"/> <b>Toiletries</b>	Think small. Include soap, toothbrush & paste, comb and personal sanitary items.
<input type="checkbox"/> <b>Sunscreen &amp; Repellent*</b>	Small tubes. <b>No aerosols.</b>
<input type="checkbox"/> <b>Garbage Bags</b>	For waterproofing and/or storing wet gear. Large, heavy duty and any colour but black please, we use black for rubbish.

# Please do not bring the following...

## Singlets & short shorts

Reason: Inadequate sun protection



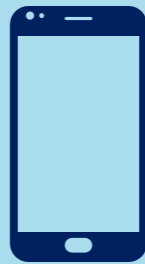
## Thongs & flat-soled shoes

Reason: Inappropriate for activities



## Mobile phones OR iPods/MP3 players

Reason: Risk of loss or damage.  
There is no reception at Somerset.



## Junk food OR energy drinks

Reason: Heavy to carry & lack nutrition



## Money OR valuables

Reason: Nowhere to spend and could easily get lost during activities



## Products containing nuts

Reason: We are a nut-aware camp to avoid exposing anaphylactic students



## Stoves, aerosols & pocket knives

Reason: Stoves and knives are provided.  
Stoves and aerosols are a fire hazard;  
aerosols can also cause asthma attacks.

