



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 on arrival.

TICK

	Rucksack *	65 - 70 litre with internal frame. ALL equipment must fit inside the rucksack.
	Tent *	Must be lightweight, compact, hiking-style. Max 2.5kg for a 2-man tent. May share with other Participants.
	Food	Please make sure sufficient food is carried for length of trip. Lunches should NOT require cooking. NO Nut/Peanut products OR Nut/Peanut ingredients. Refer : Duke of Ed Fact Sheet Meal Information & Suggestions for more details.
	Sleeping Bag *	Lightweight & compact. For AJs May to September ensure bag is warm enough for overnight temperatures. (Temp/Comfort Rating -5° to -10° recommended, check your bag's tag). Must fit inside your rucksack.
	Sleeping Mat *	A hiking-style foam mat or self-inflating mat. Lightweight, compact, approx.1cm thick. No pillows required.
	Rain Jacket *	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.
	Closed-Toe Footwear (2 pairs)	One pair must be sturdy, comfortable and have lots of grip. Cross-training sneakers and hiking shoes are both suitable. (Volleys, Rabens, skate shoes and other canvas shoes are not suitable). Second pair must be able to get wet and dirty. Old runners, cheap canvas or 'aqua shoes' are ideal.
	Sun Hat	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.
	Water Bottles * or Bladder	Must be durable and leak-proof . You will need to bring bottles that have a combined capacity to carry: 3 litres for Programs in October to April. 2 litres for Programs in May to September. <i>No purification supplies No need to pre-fill – can be filled at Camp.</i>
	Clothing	Select items with respect to season, Program length and the outdoor activities (older clothing is ideal): <ul style="list-style-type: none"> • Long Pants and Long-sleeved Tops: leggings and track/outdoor pants are ideal (no jeans). • Shorts & T-Shirts: collars are recommended (no singlet, crop or 'muscle' tops), shorts must be to at least mid-thigh and not too tight (denim is unsuitable). • Jumper/Jacket (1 minimum): Polar-fleece (or down) material is best. Not too bulky or heavy. • Socks & Underwear: Thicker socks are more comfortable. Ankle socks are unsuitable. • For Programs in May to September: Thermals (top and bottom), beanie and gloves. • Swimwear: Rash vest/T-shirt and swim-shorts must be worn over, and a travel towel.
	Mess Kit	Just a spoon or spork; a pasta-style bowl (can be used as a plate too) and mug! Disposables are unsuitable. Somerset provides chopping boards, knives, fuel stoves, pots, fuel & matches (please do not bring your own stove for safety reasons). Zip-lock/plastic bags to store rubbish as you have to take it with you.
	Torch *	A small compact torch with spare batteries (head torches are convenient).
	Toiletries	Think small. Include toothbrush & paste, comb & personal sanitary items. Toilet paper is provided (if bringing wipes they must be disposed in the rubbish/sanitary bin – do NOT flush into toilets). There is only a chance for showers on Combo expeditions – bring a small towel and small soap/shampoo if attending a Combo AJ.
	Sunscreen & Insect Repellent *	Small tubes. No aerosols.
	Pen/Pencil Notepad & Camera	Duke of Ed Award Participants require these items for route planning and to take notes / sketches / photos for their journey report. Bring any Pre-Journey or route planning paperwork provided prior to Camp. Only disposable/single use cameras to be brought to Camp – no phone or valuable cameras.
	Plastic Garbage Bags or Dry Bags	For waterproofing and/or storing wet gear. Large, heavy duty, any colour but black (we use black for rubbish).
	Personal First Aid & Medication	<ul style="list-style-type: none"> • Somerset Group Leaders carry a comprehensive First Aid Kit. • 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. • Notify your Teacher (if one is attending) or Group Leader on arrival of medications and also advise them when and if any are taken whilst on Program.

Key Points to Note

Rucksack needs to be a minimum 65-70 litre

If hiring or purchasing a rucksack from Somerset – bring all clothing & equipment in a soft sports/duffle bag or similar. Personal bags & any extra gear can be stored at Base Camp 'til 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).



Clothing & Equipment – choose with respect to season, length and type of Program

Please be mindful what is packed is to be appropriate to the weather & 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 cause asthma attacks & not environmentally friendly.

