



Personal Clothing & Walking Boots

Walking Boots

- Must fit comfortably, without pinching or rubbing.
- **MUST** have padded ankle support to reduce likelihood of twisted ankles.
- Good strong sole with plenty of grip.
- Can be either leather or fabric.
- Advisable to keep boots clean and regularly apply wax (leather) or "NikWax" spray (fabric) to waterproof.



Leather Boots



Fabric Boots



NOT Trail Shoes or Trainers

Price Range
£25 - £50

Walking Socks

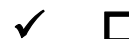
- Comfortable fit.
- Merino wool allows moisture to evaporate which reduces likelihood of blisters.
- Bridgedale is a good brand for DofE expeditions.



Price Range
£7 - £15

Base Layer & Underwear

- Comfortable fit. **Avoid cotton material.**
- Synthetic material, like sports tops, football shirts etc.
- Merino wool next to skin allows sweat to evaporate.



Price
From £5
upwards

Mid Layer & Trousers

- Lightweight fleece tops, but not thick hoodys.
- Thin layers make it easier to regulate temperature.
- Activity trousers, track suit, leggings all OK.
- **Avoid materials with high cotton content.**



Price
From £10
upwards

Waterproof Jacket & Overtrousers

- Both Jacket & Overtrousers required on all events.
- **MUST BE WATERPROOF.**
- Avoid jackets that are advertised as "showerproof".
- Regatta Packaway Overtrousers good value for DofE.



Price
Jacket:
from £20
Trousers:
from £10

Warm Hat & Waterproof Gloves

- Warm Hat & Gloves must be brought on all Training & Expeditions regardless of the weather forecast.
- Gloves should be waterproof as well as warm.



Price
From £5

Sun Hat or Baseball Cap

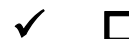
- Advisable to have a sun hat or baseball cap to protect your head and neck from sunburn.



Price
From £5

Lightweight change of footwear for camp

- Advisable to have a change of footwear for camp.
- Flip-flops or crocks useful for this.
- Allows feet to breathe and boots to dry out.



Price
From £10

Recommended Stockists (this list is not exhaustive, please check your local area for independent shops)

Cotswold Outdoors - www.cotswoldoutdoor.com (15% DofE participant discount with DofE Reward Card)

Ultimate Outdoors - www.ultimateoutdoors.com (10% DofE participant discount)

GO Outdoors - www.gooutdoors.co.uk (In-house Discount Card, annual price £5)

Blacks - www.blacks.co.uk (10% DofE participant discount)

Decathlon - www.decathlon.co.uk







*Shop around, do some research on the internet, and ask for discounts. Always take your DofE Reward Card as proof.










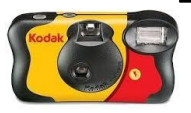




Personal Equipment (items that each person in the team should have)

 <p>Rucksack (55-65 litre capacity, with padded shoulder straps & hip belt)</p>	 <p>Rucksack Liner (Thick Plastic Bag or Rubble Sacks for sleeping bag & spare clothes)</p>	 <p>Sleeping Bag (3 season best for warmth) - in compression sack & waterproof bag.</p>	 <p>Roll Mat (Foam roll mat or self-inflating)</p>	 <p>Spare Clothes (1 complete set, including socks & underwear, in waterproof bag)</p>	 <p>Torch (head torch is best if possible) plus spare batteries</p>
 <p>Watch (cheap & waterproof)</p>	 <p>Water Bottle or Hydration Pouch (minimum capacity 1 litre)</p>	 <p>Spoon & Fork (or "Spork"), Plastic Bowl & Insulated Mug</p>	 <p>Small Wash Kit, including travel-sized toothbrush, toothpaste, travel soap and flannel</p>	 <p>Expedition Food (as per your menu plans)</p>	

Personal Safety Equipment (essential items in case of an emergency)

 <p>Survival Bag (Thick orange plastic bag)</p>	 <p>Personal First Aid (Plasters, Blister Pads, Antiseptic Wipes, Personal Medication, Knee Support etc.)</p>	 <p>Emergency Ration (Kendal Mint Cake or Energy Tablet)</p>	 <p>Mobile Phone. For Emergency use only. Fully charged battery, switched off, sealed in a bag.</p>	 <p>Whistle (may be attached to a rucksack strap)</p>	 <p>Equipment Repair Kit (Spare Boot Laces, small bit of "Gaffer Tape", safety pins etc.)</p>
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Group Camping Equipment (items that can be spread amongst the team)

 <p>Long-handled Matches/Lighter (waterproof bag)</p>	 <p>Wooden Spoon (for cooking)</p>	 <p>Brillo Pads (with soap) and T-Towel - for washing-up!</p>	 <p>Rubbish Bags</p>	 <p>Toilet Paper (a few sheets) & any sanitary products (waterproof bag)</p>	 <p>Travel bottle of Anti-bacterial Hand Gel</p>
 <p>Insect Repellent (protection against midges and insect bites)</p>	 <p>Camera (NOT a camera app on your phone) to record your aim</p>	 <p>Pencil & Notebook</p>	 <p>Sun Cream</p>	 <p>Compass</p>	 <p>Routecard & printout of route</p>

Karos Adventure will provide tents, stoves (gas burner and pans), fuel (gas), maps, map cases and a group first aid kit which will be issued at the start of each expedition. We advise you to check with school, family or friends as you may be able to borrow or hire other items.