



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
From £40
upwards

Walking Socks & Gaiters

- Merino wool allows moisture to evaporate which reduces likelihood of blisters.
- Gaiters help reduce water getting in over boots.
- Bridgedale socks 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 & HAVE TAPED SEAMS.**
- Breathable fabrics, such as Goretex or Pertex, more expensive but better suited for Wild Country walking.



Price
Jacket:
from £40
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)

| | Got It | Packed |
|---|--------|--------|
| • Expedition Rucksack (55-65 litre capacity, with padded should straps & hip belt) | | |
| • Rucksack Liners (Thick Plastic Bag/Thick Rubble Sacks for sleeping bag & spare clothes) | | |
| • Sleeping Bag (min 3 season for warmth) - in compression sack & waterproof bag | | |
| • Foam Roll Mat or self-inflating sleeping mat | | |
| • Spare Clothes (1 complete set clothes, including socks & underwear, in waterproof bag) | | |
| • Torch (preferably head torch) and spare batteries | | |
| • Watch (cheap & waterproof) | | |
| • Water Bottle or Hydration Pouch (minimum capacity 1 litre) | | |
| • Plastic spoon or "Spork"; plastic bowl (optional) & insulated mug | | |
| • Travel-sized toothpaste & toothbrush, travel soap and flannel | | |
| • Expedition Food (as per your menu plans) | | |

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

| | Got It | Packed |
|--|--------|--------|
| • Survival Bag (Thick orange plastic bag) | | |
| • Personal First Aid Kit (Plasters, Blister Pads, Antiseptic Wipes, Knee Support, etc.) | | |
| • Personal Medication if required (asthma inhaler, epi-pen, small amount of paracetamol) | | |
| • Emergency Rations (1 bar of Kendal Mint Cake or packet of Dextrose Energy Tablets) | | |
| • Mobile Phone. Emergency use only. Fully charged battery, switched off, sealed in a bag. | | |
| • Whistle (may be attached to a rucksack strap) | | |
| • Equipment Repair Kit (Spare Boot Laces, small amount of "Gaffer Tape", safety pins etc.) | | |
| • Pencil & Notebook | | |
| • Compass (Silva Expedition 4 Compass or similar) | | |

Group Camping Equipment (items that can be spread amongst the team)

| | Got It | Packed |
|---|--------|--------|
| • Long-handled matches/long-handled lighter - wrapped up in a waterproof container or bag | | |
| • Wooden Spoon (for cooking) | | |
| • Brillo Pads (with soap) and T-Towel - for washing-up! | | |
| • Rubbish Bags | | |
| • Toilet Paper (a few sheets) & any sanitary products (in waterproof bag) | | |
| • Sun cream (SPF 50+) | | |
| • Small travel bottle of Antibacterial Hand Gel (use before preparing food & eating) | | |
| • Insect Repellent (protection against midges and insect bites) | | |
| • Small trowel in plastic bag (for Gold Expeditions - Wild Camping) | | |
| • Water purification tablets (for Gold Expeditions - Wild Camping) | | |
| • Camera (NOT a camera app on your phone) to record your aim | | |
| • Routecard & printout of route, as planned during your Training | | |

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.