

## Silver Award Kit List

Surname..... First Name.....

Item	Note	Qty	Got it ✓	Packed it ✓
Walking trousers	Jeans not permitted	2 pairs(1 to wear/1 to pack)		
Walking socks	Good quality highly recommended to prevent blisters.	3 pairs(1 to wear/2 to pack)		
Walking boots	Must have ankle support. Ensure correct fitting prior to training to prevent blisters.	1 pair		
T Shirt	Preferably a wicking/breathable tshirt	3(1 to wear/2 to pack)		
Mid layer	Not cotton	1		
Warm fleece		1		
Underwear		3 days		
Warm hat		1		
Sun hat		1		
Gloves		1 pair		
Waterproof over trousers		1 pair		
Waterproof coat		1 pair		
Rucksack	Large enough for all equipment (65L minimum)	1		
Rucksack liner	A large black bag can be used	1		
Sleeping bag		1		
Roll mat		1		
Water bottle	2L min	1		
Torch		1		
Personal first aid kit	Small	1		
KFS or Spork	(Knife, Fork and Spoon)	1		
Mug	Possibly a flask	1		
Food	Suitable amount for the number of days. A hot meal is needed for the evenings as per DofE expedition rules/	Enough to cover the expedition length		
Wash kit & personal hygiene items		1		
Notebook and pen/pencil		1		
Watch		1		
Blister plasters	e.g. Compeed	1 pack		
Nightwear	e.g. shorts & T shirt	1		
Sunblock		1		
Insect repellent		1		
Pan scourer		1		
Small tea towel		1		
Plastic bags	For rubbish	2		

Optional Items Items provided by school to all				
Cooker	Including fuel			
Mess Tins	For cooking in			
Tent*	1 between 2/3			
Compass*				
Map*				
Hi Vis vest*				
Group first aid kit*				

Items in red are available to loan from school but there is only a limited number available.