

BPE DofE Expedition Bitesize 04: Kit List & Rucksack Packing (Walking Expeditions)

Clothing	✓	Comments
1 pair Walking Boots		Broken in
2 pairs Walking Socks		e.g. Bridgedale Woolfusion Trekker
T-Shirt / Top		Base Layer
Fleece/ Windproof Jacket		Mid Layer
Walking Trousers		Warm - NOT Jeans.
Underwear		
1 Pair lightweight flip-flops (optional)		For wearing on camp instead of boots
Warm hat & Sun hat		Woolly hat – required even in the summer
1 pair Gloves		Thermal & waterproof
Gaiters		Optional – esp for boggy moorland terrain
Waterproof Jacket		Taped seams. Pertex, GORE-TEX or similar
Waterproof Over-trousers		As above
Group Equipment	✓	Comments
Food		
Fuel		Methylated Spirits – approx 250ml per day
Matches		In a waterproof container
Washing-Up Liquid, Brillo Pad, T-Towel		In a small container
Trowel & Water Purification Tablets		Gold only – if wild camping
Rubbish Bags		
Toilet Paper		Small number of sheets inside bag
Antibacterial Hand Gel		
Insect Repellent (DEET)		
Pencil & Notebook, Camera		Recording your aim
Compass		Min. 2 per team
Routecard & printout of route		2 per team of each day's routecard

Personal Equipment	✓	Comments
Rucksack		65 litre e.g. Vango Sherpa
Rucksack Liner		Dry Bag, Thick Rubble Sacks, Survival Bag
Sleeping Bag		2-3 season e.g. Vango Nitestar
Sleeping Mat		Foam Roll Mat
1 set of Spare Clothes		Top, Trousers, Fleece wrapped up
Survival Bag		Thick orange plastic bag e.g. Lifesystems
Personal First Aid Kit		Plasters, Compeed, personal medication
Emergency Food Rations		e.g. Kendal Mint Cake, Energy tablets.
Mobile Phone		Switched off & sealed in a plastic bag
Sun Cream		
Whistle		
Torch, Spare batteries & bulb		Head torch preferable
Watch		Cheap & waterproof
Water Bottle		1-2 litres
Cutlery (Knife, Fork, Spoon) or Spork		
Plastic Bowl & Mug		
Wash Kit		Small – Toothbrush, toothpaste
Towel		Small (hand towel) or microfibre travel
Small amount of money		For travel & personal use
Equipment provided by BPE	✓	Comments
Tent	✓	Vango Lightweight 2-man or 3-man tent
Trangia Cooking Stove	✓	Burner, Pans, Windshield & Handle
Fuel Safety Bottle (0.5 or 1.0 litre)	✓	Teams must provide their own fuel
Maps	✓	2x OS Maps 1:25000 Scale (Laminated)
Map Cases	✓	Plastic map case to protect map

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Rucksack Size and Weight

- You will need a 65 litre expedition rucksack e.g. Vango Sherpa.
- When fully packed, the weight should ideally be between 10 – 14kg, and must **not** exceed $\frac{1}{4}$ of your body weight.
- Ensure straps are adjusted to suit your body, with the waist belt as tight as possible so that the weight is carried on your hips.

Top Pocket

Hat & Gloves
Snacks
Personal First Aid Kit
Whistle
Camera
Notebook & Pencil
Waterproof Jacket
Waterproof Over-trousers

Top of rucksack

Roll Mat

Side Pocket

Water bottle
Snacks
Packed Lunch

Side Pocket

Fuel

Inside Rucksack

Tent poles & pegs (vertical)

Main Compartment (top to bottom)

Group Kit: Stove (front of rucksack, away from your back) **or** Tent (in tent bag provided)
Food (Evening Meals, Breakfasts, and other lunches)
Mug, Bowl, Spoon/Spork, Matches
Rubbish Bags, T-Towel, Brillo Pad, Washing-Up Liquid
Emergency Rations
Emergency Survival Bag (orange plastic bag)
Torch & spare batteries
Small amount of toilet paper
Small Towel & Wash Kit
Change of footwear (lightweight, for use at camp)
1 set of spare clothes (wrapped in thick polythene)

Lower Compartment

Sleeping Bag & Inner Sheet Sleeping Bag
(wrapped in thick polythene)

Outside (in hand)

Map (inside Map Case)
Compass
Routecard
Watch

