

BPE DofE Expedition Bitesize 04c: Kit List (Canoeing Expeditions)

Clothing	✓	Comments
1 pair Wellington boots/trainers		Personal preference – trainers will get wet
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		Cycling gloves for better grip
Swimming costume / shorts		
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 or water sports duffle bag		50 - 65 litre capacity
Rucksack Liner dry bag(s)		Must be sealable.
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 & Towel		Small – Toothbrush, toothpaste etc
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 & Map Cases	✓	2x OS Maps 1:25000 Scale (Laminated)
Canoes, Paddles, Buoyancy Aids	✓	Mad River Explorer 2-person canoes
River Safety Equipment	✓	Bailers, throwlines, towlines, barrel