

Kit list for Duke of Edinburgh Practice Walk 2017

To be worn:

- Walking boots (preferably worn in)
- 3 pairs of walking socks minimum (advise 2 pairs per day – 1 thick, 1 thin)
- 2 pairs of walking trousers or other suitable trousers. NO JEANS. (shorts also acceptable)
- 3 t-shirts (long sleeved or short sleeved)
- Jumper/fleece
- Underwear
- Something to sleep in
- Flipflops/trainers (optional for the campsite)
- Warm hat/sun hat
- Waterproof trousers
- Waterproof jacket

Personal Kit

- Rucksack (65-85litres)
- Rucksack liner (a thick bin bag will suffice)
- Sleeping bag (mummy style bag 3 seasons)
- Sleeping mat
- Survival bag
- Whistle
- Torch (can be a head torch)
- Personal first aid kit (must include personal medication, plasters, blister plasters, bandages, antiseptic wipes, gloves)
- Emergency food rations (500 calories of unopened food – separate from main food)
- Water bottle (1-2 litres. Can also have a hydration pack)
- Knife/fork/spoon
- Plate/bowl (plastic)
- Mug (not ceramic)
- Box of matches
- Wash kit/personal hygiene items (toothbrush, toothpaste, shower gel, soap, female sanitary items, deodorant)
- Towel (small towel, not a bath sheet)
- Notebook & pen/pencil
- Watch
- Camera (optional and taken at own risk)
- Toilet Paper (in a waterproof bag)
- Rubbish bags
- Tea towel, washing up liquid, scourer (small travel sized bottle of liquid)
- 2 breakfasts, 3 lunches and 2 dinners (see food ideas list)
- Tin opener (if bringing tins)
- Sunglasses
- Suncream/after sun

Duke of Edinburgh Meal Ideas

Breakfast

- Porridge (porridge pots are ideal)
- Cereal bars
- Small packets of cereal
- All day breakfast tin
- Wayfarer style meals (boil in the bag meals)

Lunch

- Primula cheese and pitta breads
- Sandwiches for day 1
- Noodles
- Ricecakes / snackajacks
- 'John West' tuna light lunches
- Cup a soup and pitta bread
- Cous-cous
- Nuts /dried fruit / cereal bars

Dinner (mix items in this list to make calorie rich meals)

- Instant mash potato
- Hotdog sausages / pepperoni / chorizo
- Beans (snack pots are lighter than tins)
- Pasta and sauce (Tesco quick cook pasta only takes 5 minutes)
- Rice (microwave style rice)
- Quorn
- Curry Sauce
- Noodles
- Baked beans
- Lentils
- Cous-cous
- Tuna/sardines/pilchards/mackerel
- 'Batchelors' Pasta and sauce
- Tinned meatballs and sauce

Additional items to make meals more interesting:

- Herbs
- Spices
- Salt & Pepper
- Tomato Ketchup
- Mayonnaise

McDonald's sachets and pots are ideal. Pack herbs and spices into small pots instead of taking the whole jar.

Top Tips:

- Pack each meal into a separate freezer bag.
- Only pack what you need rather than the whole pack of pasta.
- Plan meals within your teams – everyone should be eating the same.
- Check cooking time carefully.

Snacks: Cereal bars, fruit, nuts, Kendal mint cake, boiled sweets, hot chocolate, tea, coffee, raisins, Haribo, biscuits, chocolate bars, Pepperami, trail mix.