

**THE DUKE OF EDINBURGH'S AWARD EXPEDITION SECTION
MAES Y LADE FOOT EXPEDITIONS KIT LIST.**

Personal Equipment (to be carried by each member of the party)

- Laminated OS Map*
- Silva Compass or similar (e.g. Type 7 or Type 3)*
- Watch with stop watch facility
- Headtorch (with spare bulb & batteries if not LED)
- Small 1st Aid Kit – minimum of blister treatment, wound dressing, triangular bandage & crepe bandage.
- Whistle*
- Mobile Phone (turned off and sealed in a bag – emergencies only!)
- Money for Camping.
- Notepad & Pencil.
- Water Bottle or Bladder (absolute bare minimum of 2lt)*
- Expedition Safety Card*
- Survival Bag*
- Suntan Lotion
- Insect Repellent

Personal Camping Equipment

- Sleeping Bag*
- Sleeping Mat*
- Rucksack (65lt)*
- Spoon
- Mug
- Matches/lighter
- Pocket Knife (e.g. Swiss Army Knife)
- Toiletries (Toothbrush, Toothpaste, Wet Wipes, Toilet paper – no more!!)

Clothing

- Walking Boots with ankle support, good tread and well broken in.
- Waterproofs – Jacket with hood and Trousers – No Pack-a-Macs!
- 2 Base Layers
- 2 thin Fleece – Check out Decathlon for cheap base layers and fleeces: 2 for £10!
- 1 thicker Fleece (evenings & emergencies)
- 2 pairs of Trousers – tracksuit bottoms, trekking trousers, NOT jeans!
- Underwear
- Socks
- Sun Hat
- Warm Hat (fleece or wool)
- Gloves (fleece or wool)

Group Equipment

- Tents*
- Stoves*
- Fuel Bottles & Fuel (meths)/ Gas Canisters per tandem crew*
- Expedition Food
- Emergency Rations
- Scouring Pads
- Plastic Bags (multiple uses)
- Freezer Bags – DON'T FORGET THESE, VERY USEFUL!
- Route Cards
- Resources/Materials for the Expedition Purpose (e.g. camera, video camera, evidence sheets etc).

Pre & Post Expedition

- Casual Clothes
- Single Duvet, pillow case & sheet.
- Extra toiletries that won't be carried on the expedition e.g. shower gel.
- Money for food when traveling / meal out pre and post expedition.
- Logbook – with training and practice signed off!

*** WILL BE SUPPLIED BY MYL.**

* Can be supplied by MYL if required.