



## Campion School DofE Kit List

### **Personal Kit**

Got It	Packed It	Item Needed
		Rucksack (65 Litre)
		Rucksack liner (or 2 strong plastic bin liners)
		Sleeping mat
		Sleeping bag
		Waterproof bag (e.g. for storing sleeping bag / sleeping mat)
		Sleeping bag liner (optional)
		Survival bag
		Notebook & pen/pencil
		Watch
		Whistle
		Torch (handheld or head torch)
		Spare batteries & bulb for torch
		Personal first aid kit (see below)
		Emergency food rations
		Water bottle (1-2 Litres)
		Knife, fork, spoon
		Plate / bowl
		Mug
		Box of matches (in waterproof container)
		Wash kit / personal hygiene items (some items could be shared as a group)
		Towel
		Scourers
		Tea towels
		Small amount of washing up liquid
		Food (lightweight & including snacks)
		Plastic bags (for rubbish etc.)
		Toilet paper

### **Clothing**

Got It	Packed It	Item Needed
		1 pair of walking boots (broken in)
		2 pairs walking socks
		2 pairs sock liners
		2 t-shirts
		Thermal t-shirt (optional)
		2 fleece tops or similar
		2 walking trousers (warm, NOT jeans)
		Underwear
		Nightwear
		Flipflops (optional for the evening)
		Warm hat &/ or sunhat (as appropriate for the weather)
		1 pair gloves (if appropriate)
		1 pair shorts (if appropriate)
		Sunblock (if appropriate)

Got It	Packed It	Item Needed
		Water proof over-trousers
		Jacket / coat (needs to be waterproof & windproof)

**Personal First Aid Kit** A personal first aid kit should include the following:

Got it	Packed it	Item needed (all this is included in the Lifemarque Camping First Aid Kit & Blister Kit)
		At least 2 pairs of disposable vinyl (latex-free) disposable gloves
		A large individually-wrapped sterile unmedicated wound dressing
		An individually wrapped sterile unmedicated wound dressing
		An assortment of individually wrapped sterile unmedicated adhesive dressings (e.g. Melolin squares)
		An individually wrapped triangular bandage
		2-3 individually wrapped antiseptic wipes
		Crêpe bandage
		Large safety pins
		Small pair of safety/medical scissors
		A pair of tweezers
		Assorted adhesive plasters (e.g. zinc oxide, fabric strip, waterproof)
		Microporous (medical) adhesive tape (or fabric adhesive tape)
		Blister plasters/blister kit
		Chiropody felt
		Burns wound dressing
		Eye wash (can also act as a wound wash)