



Maze Presbyterian Church DofE

Expedition Equipment Checklist

Clothing

Hiking boots

Thick socks

Lightweight sports top/ T-shirt

Fleece jumper

Trousers / leggings (no jeans)

Waterproof Jacket

Waterproof Trousers

Spare change of clothes

Warm hat and gloves (avoid wool gloves, fleece dries quicker)

Sun hat or Baseball cap

Extra item of warm clothing (in case of emergency)

Personal Equipment

Rucksac (65 litres and above)

Rucksac liner

Sleeping bag and sleeping mat

Mug, Spork, bowl (as necessary depending on menu)

Flask (not needed if carrying a trianga)

Matches (in waterproof container) or lighter

Toothpaste and toothbrush

Small towel or face cloth

Tissues/ toilet paper

Trowel (for toileting)

Personal Safety Equipment

Bivi/ survival bag

Torch and spare batteries

Whistle

Digital watch (for navigating)

Small personal first Aid kit

Additional toiletry items (as necessary)

Sun screen

Notebook/ pencil

Emergency Food

Water bottle (approx. 1 litre and above)

Mobile Phone/ power bank (to take photos/videos for Presentation)

Group Equipment

Tent (provided on loan)

Trianga and fuel (provided on loan)

Map (provided on loan)

Compass (provided on loan)

Plastic bags for rubbish

Trowel (for toileting)

Route cards (provided)

Tea towel

Food

See Food for Expeditions sheet