

The Duke of Edinburgh's Award
Student Kit List 2023-2024

Bronze, Silver & Gold: Practice & Assessed Expeditions

<u>Personal kit</u>	Camping	*Sleeping mat
		*Rucksack 65lt (with waterproof liner/bags)
		*Sleeping bag (use liner in borrowed sleeping bag)
		Water bottle (1lt)
		Torch/head torch & spare batteries
		Plate/mug/knife/fork/spoon
	Clothes	Walking boots (with ankle supports) must be worn
		Trainers (optional) for campsite
		Watch
		*Waterproof jacket (with taped seams)
		*Waterproof trousers (with taped seams)
		Thermal top
		Thermal bottoms/leggings
		Socks x2 (walking socks)
		T-shirts x2 (non cotton)
		Fleece (non cotton)
		Spare underwear
		Trousers (no denim)
		Leggings
		Gloves
		Hat
		Sun hat
	Washing	Tea towel
		Washing up liquid & scouring pad
		Toilet roll
		Wash kit (no aerosols)
	Misc	1 st aid kit (small)-to include sun cream & blister kit
		Note book and pencil
		Matches (in waterproof container)
		Survival bag
		*Compass
		Sealed emergency rations
		Food for whole weekend
	Waterproof bags/dry bags/bags for rubbish	
<u>Group Kit</u>		*Tent(s) enough for all the group.
		*Maps (maps are supplied)
		*Whistle
		*Stove (Trangia) & fuel
*can be borrowed by CNS Students from the CNS DofE Store		
Fuel	Meths for use in meths stoves will be supplied however if you bring a gas stove you will need to provide your own fuel.	
Rucksack weight	It is recommended that no candidate carries more than a quarter of their own body weight. Excess kit will be stored in the hall until the end of the expedition. All kit must be in waterproof bags/liners (bin bags are sufficient)	
Please DO NOT bring:	Lighters, aerosols (of any type), penknives.	
Mobile phones	Will be switched off and sealed with school DofE mobile number written on the packet. Mobile phones are only to be used in an emergency.	

CNS DofE
Bronze Food/Menu Plan

Organise your meals with a partner within your expedition group.

A menu plan example: (Bronze example)

Day	Breakfast	Lunch	Dinner	Snacks
Day 1 Thursday			Pasta, sauce, rice pudding	Boiled sweets, mini mars bar, orange
Day 2 Friday	Cereal bars, hot drink, biscuits	Sandwiches, cake, apple, hot drink	Noodles, beanfeast, cake and custard	Snickers, apple
Day 3 Saturday	Porridge, hot drink, biscuits	Crackers and cheese, orange, biscuits, drink. Cooked dinner using Trangia stove.		Chocolate. Mixed fruit & nuts.

Other examples/ideas:

Breakfast	Lunch	Dinner
Cereal bars, bagels, mixed fruit, Mug of tea, hot cordial, hot chocolate	Wraps, bagels, packs of tuna, primula cheese, pancakes in a packet	Rice (no cold rice), super-noodles,
Snacks	Mint cake, cereal bars.	
Emergency Rations. These must remained sealed until the end of the expedition.	A small waterproofed bag containing high energy food-stuffs that could be used in an emergency. This food would need to be non-perishable. A suggested pack would contain: Chocolate Bar, Pack of Jelly, Cup-a-Soup Sachet, Kendal Mint Cake, Cereal Bar, Haribo type sweets, Dried Fruit/Nuts & Raisins	

What to avoid: fresh food e.g. milk and meats, tins, cans, glass.

Create your expedition menu plan with your expedition group:

Day	Breakfast	Lunch	Dinner	Snacks
Day 1 Thursday	-----	-----		
Day 2 Friday				
Day 3 Saturday			-----	