

PERSONAL KIT LIST – DoE Bronze

This list is to provide a guide to the personal kit required for a 2-day hike or offsite at DoE Bronze Level. It is a subset of the kit required for Summer Camp.

Note: Explorers are responsible for their own belongings. Any loss or damage is their own responsibility and not that of the Leadership Team. No insurance is carried for personal items or personal kit.

We encourage Explorers to pack and maintain their own equipment, as this is the only way that they will be able to find it in the dark, or in a hurry. Please practice using your expedition kit at home, with friends, in the garden or walking about until you are confident in it and can use it without having to read the instructions

Shared Kit (per 2/3 people)

Tent + Groundsheet	We can provide enough tents for all - however: your own good tent is one of those things that you will never grow out of. They represent a substantial investment, but can receive an awful lot of use and over the four-year career of an Explorer Scout as well as having family and social value. Knowing how to pitch and store your own tent can save vital time on expeditions. The weather at summer camp is notoriously variable, with cold nights, hot days, and the risk of summer storms. A lightweight (sub. 3.1kg) two or three person tent is a pleasure to use. Good brands include Vaude, North Face, MSR, Terra Nova, Wild Country, Mountain Hardware, Vango, Coleman and Blacks. Don't bring 'music festival tents' as they simply aren't up to the job. You can, of course, share with a friend to spread the cost
Food and snacks	As agreed by the team – sufficient for all meals (lunch – dinner – breakfast – lunch) and hot drinks over 48 hours. Lightness, but with an eye on digestibility, interest, taste and ease of preparation are important here. Dehydrated meals may mean having to carry or find more water. Think carefully!
Camp Stove and Fuel	We can provide these, but, as always, if Explorers have kit they know, it is good to bring it. One stove between two people, with enough fuel for 7 meals (6 planned and one emergency) is the right balance. We like Trangias (especially the 'mini' size), but modern gas fuelled micro-stoves and pans are now very affordable.
Pots and Pans	We can provide. Small, light, stacking and easy to clean are the watchwords, and Teflon is your friend here. Use them to store and protect fragile items (like matches, alarms, etc).
Washing up kit	Pans can be their own washing up bowls, but you need to bring half a pan scourer, some soap, and a cloth to clean everything with. (We put washing up liquid in an old hotel shampoo miniature bottle!)
Tea Towel	Please bring one, and do not expect it to return home alive.
Camera	We all like to see good pictures from DoE expeditions. We are happy for people to bring small cameras, bearing in mind they will carry them on hikes, and the conditions can be hostile to electronics and optical equipment. A soft cloth bag, inside a plastic bag, is the minimum protective equipment for a digital camera. Smaller and lighter is better. Required to take notes for DoE 'expedition objectives'!
Repair kit	OPTIONAL – many people have found it helpful to pack a bit of duct-tape, some twine and some simple glue (like Bostic). All sorts of things break, and being able to repair a hole in tent, fix a broken rucksack strap, or jury-rig a drying line may come in <i>very</i> handy.

Personal Kit - Sleeping

Sleeping Mat (Roll Mat, Self Inflating, etc)	Lack of sleep can seriously spoil your enjoyment of hikes. A good light weight sleeping mat is an essential part of equipment. We recommend something weighing under 700g like a 'Therm-a-Rest', or cheaper and lighter Karri-mats (I'm still using the one I bought in 1976, so they really are a life time investment.)
Sleeping Bag (3 or 4 Seasons)	A good sleeping bag lasts 10 or more years, and most Explorers should buy one in an adult size. We recommend that you look for something under 2 kg in weight, and preferably down-filled. A 3-4 season bag is a good idea. Look for ratings around -10C to +10C. If cold, then, rather than buy an expensive (and possibly too hot) 4 season bag, we recommend buying a silk or cotton sleeping bag liner as well. Brands like Vango, Coleman, Technicals,

	North Face, Marmot, Mountain Equipment and Vaude are all reliable.
Pillow	Most Explorers learn to roll pillow up using a T-shirt and a towel. However a small inflatable pillow is a fine luxury for a comfortable night.
Bed socks and hat	Soft, warm, socks and a soft warm hat really transform the experience if the evening temperatures drop.

Personal Kit - Clothing	
Explorer UNIFORM	Please wear your neckerchief, or scarf, whenever you are offsite or mixing with other Units.
Walking Boots + Suitable socks	<p>We cannot stress too much how important good socks and boots are to camping and walking. Trainers simply do not provide enough protection from heavy objects, axes, tent pegs, or rocky ground. Unfortunately young Explorers' feet grow very fast, and they may only get one or two seasons of use from a pair of boots. We therefore encourage you to swap boots down to younger Explorers when you buy new ones! We recommend buying a modest pair of boots at first, but to choose them carefully, spending at least 10 minutes in the store wearing them while walking up and down the stairs. Always take advice from a quality outdoor shop. Once your feet stop growing, then it is the time to invest in some serious boots. (I've had the same pair since 1998, twice repaired).</p> <p>Two pairs of socks - a thinner wicking pair on the inside, heavier woollen socks on the outside - is the key to a blister free life. Talc or foot powder is a sensible thing to have when the weather is warm. Spare laces are very highly recommended.</p>
Hiking / Activity Trousers	Explorer activity trousers or any of the many combat style trousers that copy the classic designs of Rohan are perfect for camping, in that they dry quickly, can be hand washed, and are highly robust. Remember to bring a belt... (Craghopper brand is currently very good value). If you can find trousers that zip off into shorts, even better in the summer. Be very sure to test them by wearing them all day to ensure they do not chaff!
Outer Clothing	Thin cotton or linen shirts for day wear, long sleeves please. Sunburn and rucksack strap burn are both pretty likely! 'Expedition' shirts in wicking fabric now come with built in mosquito repellent and sun factor 30 if you are feeling keen. We recommend taking a lightweight fleeces to wear in the evenings (Woollens are fine, 300 rating fleeces better)
Daily Change of Underwear	Granny was right. Always dressed in layers. We are huge fans of modern technical wicking fabrics in underwear, and inner layers to go underneath fleeces. Merino wool icebreakers have to be tried to be believed... Modern under layers are light, dry quickly, can be hand washed, and do not build up body odour. They can be worn in water, and provide some screening from the sun. T-Shirts have their uses elsewhere, but cotton is a damp, heavy, and difficult to clean fabric so best avoided in expeditions. It should go without saying that you either need to bring sufficient changes of underwear, or be prepared to wash the ones you have by hand. It is quite possible to get through more than one pair of socks or pants / knickers per day when hiking so an extra spare pair is a good idea.
Waterproof Jacket and Trousers	It is difficult to buy good waterproof jackets and trousers for Explorers as they tend to grow out of them rather quickly. We recommend sale-shopping for a jacket and trousers one size (at least) too big and, wherever possible, to buy a vented and breathable jacket made in a modern waterproof fabric (such as triple point, Gore-Tex, or e-Vent). Basic Pertex waterproof trousers are usually adequate.
Hat and Gloves	It may seem odd to recommend bringing a hat and gloves to a summer hike, but there are reasons for this. The UK can always become be cold, and wet windy weather can make hands very cold indeed. A water-shedding baseball cap, ranger hat, or beanie, plus some thin windproof gloves might make all the difference should the weather change. If not, a baseball cap or something with a brim can help prevent sunburn.

Personal Kit - Eating	
Route Card,	Required by DoE rules. One each, two to examiners (one at base, one on road)
Compass	Required. Silva type are best, we can lend them.
Map	We can lend them and 25,000:1 scale or better is preferred. Even if you have GPS.

Matches or lighter	Stoves and fires always need to be lit. Carrying a way to make fire in a waterproof container (film canister, zip-lock bag, etc) is a good way of ensuring you get fed, watered and warmed.
Mug	Your mug soon becomes your very best friend. Buy a nice light one that holds at least 400ml. For the really keen, marking 50ml steps inside the mug can really help with camp cooking!
Water bottle	Water bottles are essential for hiking, and useful at night. One that is translucent and marked in millilitres is a good investment. A 1 L size is most useful.
Lunch box	Something to stop food being crushed on hikes. Many of us just grab an old 1L ice cream tub for this purpose. Small and light is key.
Knife, Fork, Spoon	(for hike) Lightweight packing camp cutlery can be very, very useful. Increasingly people find they can save cost and weight by simply buying a 'spork'.
Bowl & Plate	(for hike) Lightness and robustness are the keys to camp crockery. And deeper bowls are more useful than shallow ones.

Personal Kit - Hygiene

Toiletries and personal hygiene items	Everyone has their own preferences for hygiene items, but we insist that people do not bring aerosols . Experienced campers will usually find room to slip half the toilet roll into a waterproof zip lock bag just in case. Gel hand wash tends to cause less mess than soap, and can be had in environmentally friendly formulas.
Towel(s)	It is usually a good idea to take a half of a full size towel, either as a pillow, or for cleaning up after falling in a lake, swimming pool, or canal! Choose towels for their lightness and expendability.

Personal Kit - Equipment

A full-size rucksack	A full-size rucksack in the range of 55+ L for women and 65+ L for men is essential for expedition camping. Modern technology has made the much lighter, tougher, waterproof, and more comfortable than even five years ago. Buying new makes a great deal of sense, unless you have a friend you can borrow one from. It is essential to take professional advice and have them fitted after wearing them fully loaded in the store. Explain that they will get 10yrs of use up to Gold DoE when buying them. Reliable brands include Go-Lite, Osprey, North Face, Vaude, Karrimor, Berghaus and Technicals.
Walking Poles	Very much a matter of choice, but make walking with a pack much easier and can be pressed into all sorts of useful services (such as making windbreaks with jackets, drying clothes, holding tents open and pressing through nettles). Recommended if you have them.
Emergency Rations	Obligatory – approx 1,000 calories of easy to digest food (cereal bars, mars bar, mint cake, that sort of thing), packed tight and waterproof. Strictly for emergencies.
Personal First Aid Kit	Obligatory - You may not hike or participate in adventurous activities without one. This is very much your own first aid kit, and will contain medicines, tablets, creams, personal dressings, and the like. It is essential that this first aid kit contain complete contact details, and a record of any medical conditions pertinent to the person carrying it. We strongly discourage explorers from sharing any medicines, even mild painkillers, because of the risk of an adverse reaction. In summer hikes, rehydration salts are a very good idea. The two most common injuries account minor insect stings, and small burns. Bringing treatment to those it is generally considered wise. Insect repellent (water proof) works, but please BEWARE that insect repellent can instantly dissolve nylon, polyester, tent fabric, rucksacks, spectacle frames and waterproof coats, so seal it in a paper bag inside a strong polythene bag! Sunscreen is also 'vital'. We urge Explorers to bring sunscreen – they can be spending up to 14 hours a day in the open air, and sunburn is both likely and serious.
Mobile Phone	Mobile phones can be controversial in Scouting: on one hand they are menacing distraction when safety critical all-time critical information is being handed out, and on the other hand they can be a lifesaver when groups become separated. On balance we recommend that Explorers carry them, but that they do not use them to listen to music, and keep them switched off except to report location to examiners/trainers by text. Be aware that we can't

	provide recharging facilities for mobile phones.
Whistle	Small, shrill and kept on a lanyard. Please learn the UK emergency signal sounds before you use it. Obligatory.
Penknife	Of legal size (under 3"), very sharp, and of good steel. Spring, butterfly and lock knives are illegal, as are blades over 3" (rules are complex, so look them up). We recommend the original Swiss Army knife.
Watch / Alarm clock	A good watch – robust, and preferably analogue. Analogue watches can be used for navigation and competitions as well as telling the time quickly. Most phones have alarm functions, and we all know how hard Explorers find it to get up in the morning, so something loud is recommended.
Money	We suggest that a brightly coloured wallet containing contact details and the name of the Explorer unit is used as this is much more likely to be found and returned from the undergrowth.
Torch + Spare Batteries	Modern lightweight LED torches, especially head torches, have revolutionised night time. There is no need to bring a searchlight, and generally we encourage people to exercise their night vision. Having said this, a head torch for finding one's way around a tent at night is a very good idea.
Plastic Bag (for laundry)	We endeavour to provide a clothes line to dry clothes upon, but we do suggest that worn or soiled clothing is kept separate from clean.
Pencil & Notebook	There are lots of things to keep track of account, and on expeditions, and a small pencil and notebook in a waterproof zip lock bag can make all the difference. Required to take notes for DoE 'expedition objectives' as well!
Survival Bag	Bright orange, literally life saving, and an obligatory item for all expeditions.
Map & Compass	We can provide maps and compasses at camp, but having a SILVA type compass of your own can be extremely helpful. If you have a map of the summer camp area then by all means bring it.

Not recommended / Banned	
Jeans	Heavy, wet, chaffing and totally unsuited to walking in.
Nylon shell suits	These go up in flames far too easily, and definitely not recommended!
Expensive Items / New Clothes	Should be self-explanatory, given the risk of damage, loss, and general filth.
Any items banned by National or Scout law	Banned - Will be confiscated and returned to parents at the end of camp. Use will result in dismissal from DoE expeditions, and may result in legal action.

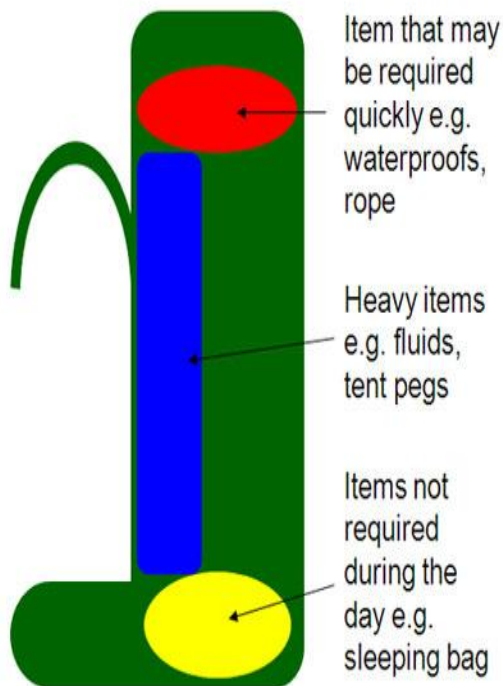
PACKING A RUCKSACK

The total weight of your kit should be between 20% and 40% of your body weight. Much less and you either have some amazing expedition kit, or forgot something. Much more, and you will really struggle to carry it for 8 hours a day and risk falls and injury.

Exactly how you pack depends on what kind of pack you have and where you're going to hike. The general principle is that lighter-weight items go at the bottom, heavier items are at the top and close to your body, things you will need in a hurry in the top or side pockets. (However, if you are going to be scrambling or hiking off-trail or on rough terrain or snow, you might want to pack some of the heavier items a little lower to bring down your centre of gravity.)

1. Always pack the rucksack with all storage areas open and compression straps undone - This enables the bag to extend to its full capacity so you know exactly how much room you have to use.
2. Pack the weight evenly on each side - This is for your own comfort, spread the weight evenly over both shoulders to make carrying easier. If you have a water bottle on one side, put the tent poles or fuel bottle to balance it on the other.
3. Pack tightly with as fewer gaps as possible - This gives you more space and allows you to pack much more as well as helping with weight distribution.
4. Our personal preference is for rolling up (rather than folding) clothes and kit, to get the air out, then squashing them into waterproof 'canoe bags', which compress everything even more. Beginners can use selotape or string to compress things,

- All items should be in protective waterproof bags, grouped into 'use' and clearly labelled with indelible pen on the outside of the bag. Canny hikers then pack the whole lot of bags inside the survival bag, which then slides easily out of the rucksack in emergency.
- Minimise things hanging on the outside, and, if anything, strap it very tight. NOTHING should move if you jump about.



Rain gear in an outside or top pocket where you can easily get them. Ditto first aid kit.

Personal items, equipment. Squeeze these in wherever they fit, thinking about weight and when you will need them.

Clothes go in next. But it's a good idea to stash a few of your warm clothes—hat, gloves, and an insulating layer—and your

Food, fuel, and cooking utensils. Store the fuel upright and away from your food, in case of an accidental spill. Many hikers put their bottles in an outside compartment. Some utensils can have hard or sharp edges, so be sure they're not poking into your back!

Sleeping bag. Bottom compartment for a sleeping bag. If your pack has dividers, use them to take weight off your sleeping bag. (Overly compressing a down bag damages the down and reduces warmth.)

Mattresses. Most hikers roll up sleeping pads and strap them to the outside. Some mattresses fit inside a backpack, where they are better protected from encounters with barbed wire fences.

Tents fabric. Most packs have a separate compartment that is accessible via a zipper. If you have one, stuff the tent fabric flat under your sleeping bag. That way, you don't have to unpack everything to get your tent. Use waterproof stuff sacks. Tent poles go strapped tight to the outside or in a long pocket on one side

Outside compartments? Top pockets? Use these for items you'll need during the day: rain gear, a spare layer of clothes, pack-cover, water filter, water, lunch, snacks, sunscreen, mosquito repellent, and your camera.

WEARING A RUCKSACK

It is easy to injure a back or arm with incorrect rucksack technique, so practice doing this, with a friend to take the weight and check balance and straps until you are confident.

- Load and close the pack.
- Do up all zips then compress the rucksack and side straps.
- Loosen all the shoulder, hip, chest and load straps before picking the pack up.
- Bend both knees and pick up the pack in front of you, using both hands and a straight back.
- Stand up, and balance it on one knee
- Slide one arm through and then swing it round to slip the second arm in.
- Stand up straight
- Latch the hip belt FIRST
- Tighten the hip belt on the hips. Tight. 90% or more of the weight should be on your hips.
- Then take the shoulder straps and tighten them a little at a time, evenly, until there is a little weight on the shoulders and the rucksack does not move about if you swing your shoulders. Then tighten them a little more.
- Tighten the chest strap.
- Walk and turn, making sure the load is secure.

There are normally load straps above the shoulders that pull the top of the sack in towards the frame. They should be half-way on flat terrain, tight to the frame when walking uphill and looser if descending on gentle slopes. You soon get used to adjusting them as you walk. (Mountaineers have specific techniques for rucksack use, which may differ).