



Bronze DofE Expedition Personal Gear / Equipment

Just a very simple list if you are starting to think about buying equipment / clothing for those starting off on Bronze Expedition. Have looked at GoOutdoors as most groups in the Wolverhampton / Shropshire / West Midlands Area can get hold of a Discount Card (If buy your own will cost £5.00 per year- but you will get it back on saving)

Tell them instore that you are doing your DofE.

Very aware of the cost of this gear & mindful that “The Kids” are still growing.

So looked at what I think is reasonable.

You will be given a Kit List well before the first event in May, but I hope this will help a little before. If you need any help / advice ask you Group Leaders or contact me.

Finally remember that GoOutdoors have offers on all the while, so check on the web site.

Clothing.

Boots. (Leather/Nuebuc or Fabric) Personal choice. I use both. Big advantage with Fabric is you don't have to wear them in. However Leather / Nuebuc will last longer)
HiGear Snowdon or Karrimor Mid 2 from £40.00 - £60.00 (Leather / Nuebuc)
When trying on put 2 pairs of socks on so it may be a boot size bigger.
Remember your Feet are Very Important. Bad feet can spoil your expedition.

Socks.

Not Nylon / football socks. - Wool is best from about £6.00 / pair

Waterproof Outer. (Jacket & Trousers)

Jackets by Hi Gear from £40.00 & Waterproof Trousers from £25.00

Remember – It's for their protection – Cheap isn't always a good buy.

Walking Trousers – Hi Gear & Regatta anything from £15.00 (plenty of pockets & also can get ones that legs zip off to make shorts – useful)

Microfleece Tops – Lots to choose from, anything from £10.00 for a Mid Layer.

Equipment.

Rucksack Hi Gear Nepal x 65 lts around £25.00 or Vango Sherpa at £50.00
(If it's too big, they will pack more in (like a holiday suitcase) Get assistants to set the straps up & try it on before you buy.

Sleeping Bag.

Many will already have one for static camping, but it needs to be able to compress down into the Rucksack. Look for the TOG rating (look at TOG rating around 300)

These will be a good 2/3 season.

Again lots to choose from £30.00 upwards. If you go for a lower season, for say the October assessment you can always put a liner in. Bulkiness is the big factor.

Sleeping Mat – Not really for comfort but to insulate the body from the tent groundsheet. However, Look at Self Inflating Mats. Comfort & Insulation. Hi Gear or Vango £20.00

Water Bottles – Plastic / Aluminium 1 Lt – anything from £2.50

Plate/Dish & Mug – Any Plastic type. (Not the best china)

K-F-S - Plastic or Aluminium. You can also get Sporks . Very trendy.

Head Light – Very useful with Hands Free. LED System – Hi Gear £5.00
(Don't forget spare batteries)

Compass: We do supply for training, but the sooner they have their own the better
Hi Gear do a copy of the Silva Type that we teach too.
£5.00 as opposed to £20.00. (Just as good)

Emergency Blanket: (Space foil) good to have for “just in case” – Hi Gear £2.00

First Aid Kit: Just with a few basic bit & bobs in – any type from about £2.50
(Remember, we are not far away at any time & we have “Massive Kits)

Whistle. – Any Plastic only.

Gas: The cookers that we use will always be the Universal Screw in type. These can be unscrewed from the cooker & will seal up – Very safe.

Single Burner Cookers start from around £15.00 for a Coleman

The Gas containers are normally by Coleman 100 size around £3 - £4 each.

Food.

For the Training Weekends they can take “Tins”. However, when we go backpacking, they will need to go lightweight. Lots of Food Ready Meals around & at GoOutdoors.

Wayfayrer & Adventure Food not bad in taste & very quick. However, not cheap.

We will have a Big Session on food with them on their Training Weekends.

Remember, we will be going though ALL this equipment on the Training Weekend in May. They will have plenty of handouts / information packs.

Hope this helps a bit – any questions ASK.

Dave Briscoe. DoFE Award Advisor.