

Canada Expedition Kit List



This list is a guide to help you prepare and pack for your expedition, it is not exhaustive

If you do need to purchase new items, do not forget you can use your DofE Discount Card at various outdoor shops (GO Outdoors, Cotswolds, etc.) which you would have received in your welcome pack. If you have lost your card, you can download a voucher from eDofE. <https://www.dofe.org/shopping/kit-home/>

Some of the kit (marked with *) can be hired from Pates. We have limited kit so it will be distributed on a first come first served basis. Please contact Mr Hacaj in OED if you wish to hire kit. If you have any questions regarding kit, please speak to a member of OED.

*Items marked with ** will be issued to groups to carry from the OED, as such they must all have room in their rucksacks to accommodate it.*

Mandatory Personal Kit:

The following kit is mandatory:

Item	Information	Got It	Packed It
Luggage	You will start off with a large holdall for the trip, and a daysack for the day's out / visits. For the flights, the holdall will go into the plane's hold, and your daysack will go into a 75ltr dry bag rucksack which we will give to you prior to the trip. During the expedition phase in Algonquin, you will have your dry bag only; your holdall and daysack will be left in our vehicles.		
Rucksack Liners/Bags	Make sure everything in your rucksack is packed into a liner/dry bag/rubble sack so it stays dry. Individual bags for important kit like sleeping bags & spare/emergency clothing.		
Sleeping Bag*	Three-season sleeping bag, warmth rating around 0 degrees – contained in a waterproof bag.		
Sleeping Mat*	Either foam or compact inflatable which will fit in your bag (if inflatable ensure repair kit is included).		
Footwear	Walking Sandals (e.g., Teva, Keen – no flip-flops or crocs) Approach shoes / trainers (hiking trainers with good support - no fashion trainers or pumps e.g., converse)		
Waterproof Jacket/trousers	Not a pac-a-mac, this should be a substantial lightweight waterproof jacket. If you get wet, you will get cold, which will make you miserable and possibly ill.		
Fleece top or similar warm jumper			
Shorts/trousers	Zip-offs are a great idea so you don't need to bring trousers and shorts. Do NOT wear jeans or leggings – these do not dry quickly and do not protect you from stinging nettles/thorns.		
T-shirts/tops	Synthetic materials will dry quicker and be warmer than cotton. A thin, long sleeved top will help protect you from the sun.		
Swimwear			
Underwear/Socks			
Warm hat			
Gloves			
Sun hat/Sunglasses	Sunhat needs to have a 360 degree brim		
Sun cream/insect repellent	At least SPF 30. Mosquito head net. Deet products are advised		
Torch	Head torch (with spare batteries)		
Personal First Aid Kit	A small first aid kit for personal use, e.g. blister plasters, personal medication, sun lotion, sanitary products, insect repellent etc. – you will be given a group first aid kit with the basic items.		
Water Bottle	An absolute minimum of two 1ltr bottles as this works well for water purification and we can see hydration levels easily. These must not be disposable bottles, think of your environmental impact. You will be able to refill at the campsites each morning.		
Cutlery, plate, bowl, mug	Consider weight and size –these shouldn't take up too much space, and should be heat-resistant plastic or metal not ceramic or paper.		
Wash kit and microfiber towel	Stick to the essentials like toothbrush/paste, all-purpose liquid soap which will clean you, your clothes and any food if needed, cotton buds / nail clippers if really desperate. Please remember the flight allowances for fluids and that you will be able to purchase items in Canada.		
Notebook and pen/pencil			
Toilet kit	Small dry bag with wet wipes, hand gel + toilet tissue packs (one pack per day of camping usually suffices). Think about if you need toilet roll each or can you divide this up between your team?		
Base layers/nightwear	Base layers can be used to sleep in		
Charger	Solar/Battery pack		
Phones/electronics	All electronics that you bring with you are done so at your own risk and will not be covered by the school insurance.		
Multi tool	A multi-tool will be far better than a standard knife / Swiss Army knife.		
Evening entertainment	A book to read, card games, puzzle books – no electronic devices.		
Tent**	Tents will be provided by school but if students wish to purchase a hammock this will be in addition to the tent and please remember to purchase a tarp if it isn't included.		
Trangia Stove**			
Group Kit **	Containing whistles, group first aid kit, maps and compasses, emergency group shelter. Any group kit that is issued and comes back damaged, teams will be asked to pay for replacements or repairs.		
Water filter* or purification means	Will be purchased in Canada		

Notes:

Clothing - the amount of clothing you take should be appropriate for the number of days of your expedition, plus a spare set in case you get wet. Bear in mind that we will be able to access washing facilities during the trip.

Make up bags etc. are not considered a necessary item and to save space you do not need to bring a pillow – you can use your clothing bag.

Care of equipment extends to cleaning of group kit such as cookers and tents. Tents must be returned with all components in good working order and folded and prepared for its next use. If group equipment is discovered to be of insufficient standard then you will be called in to clean and account for equipment you have returned.