



The Duke of Edinburgh's Award

BRONZE

Expedition Kit Guide



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Introduction

Hello and welcome to our Expedition Kit Guide. This guide is to support your training and help you to plan and prepare for a Bronze DofE Award Walking Expedition.

Although this booklet does not contain all the information you will need (hence the need for training sessions) it should act as a summary for you when choosing your kit. You should keep it in a safe place so that you can refer to it when required. And remember this is a guide for walking expeditions. If you are doing any other type of expedition some of the information in this guide may not be appropriate.

Guides:

DofE Award Guide

Expedition Kit Guide

Expedition Food Guide

Day Walk Kit List

When on an expedition, participants should be unaccompanied (unless approval from your DofE regional office has approved otherwise). Therefore, we recommend all participants undertake a day walk as part of their training. This can be difficult as it is another trip to organise and cost may become a factor but is vital to ensuring you have the practical skills and experience needed to complete an unaccompanied expedition. Day Walks allow young people to learn and practice skills under the supervision of an instructor. As this is not an expedition teams can be accompanied by adults.

This kit list is our recommended kit for your supervised day walk training. **Highlighted items must be brought with you**, other items are optional. You can bring kit that isn't on this list but please ensure they are not on 'the bad list'.

- ✓ General Clothes
- ✓ Waterproof coat
- ✓ Walking Boots
- ✓ 2 shoulder backpack (like a school bag)
- ✓ 1L bottle of water or lightly diluted drink
- ✓ A packed lunch
- ✓ A hot drink
- ✓ Camera
- ✓ Notepad and pen

Expeditions Kit List

This kit list is our recommended kit for your unaccompanied practice and qualifying expeditions. **Highlighted items must be brought with you**, other items are optional. You can bring kit that isn't on this list but remember you have to carry them and please ensure they are not on 'the bad list' (tip: the less you carry the lighter your bag).

Personal Kit (To Wear)

Walking Boots

General Clothes (see 'General Clothes')

Rucksack

Personal Kit (in Rucksack)

Bag Liner (ie, black bag)

Sleeping mat

Sleeping bag

First Aid Kit

Personal Medication

Watch

Whistle

Torch & spare battery

Emergency food rations

Water bottle (1L-2L)

Knife, Fork, Spoon,

Plate, Bowl, Mug

Personal Wash kit

Waterproof Top

Waterproof Bottoms

Emergency Only Spare Clothes

Suncream

Group Kit (between team)

Tent

Stove

Fuel for Stove

Safe fire lighting device

Washing Up Kit

Maps and Route Cards

Camera

Notebook & pen/pencil

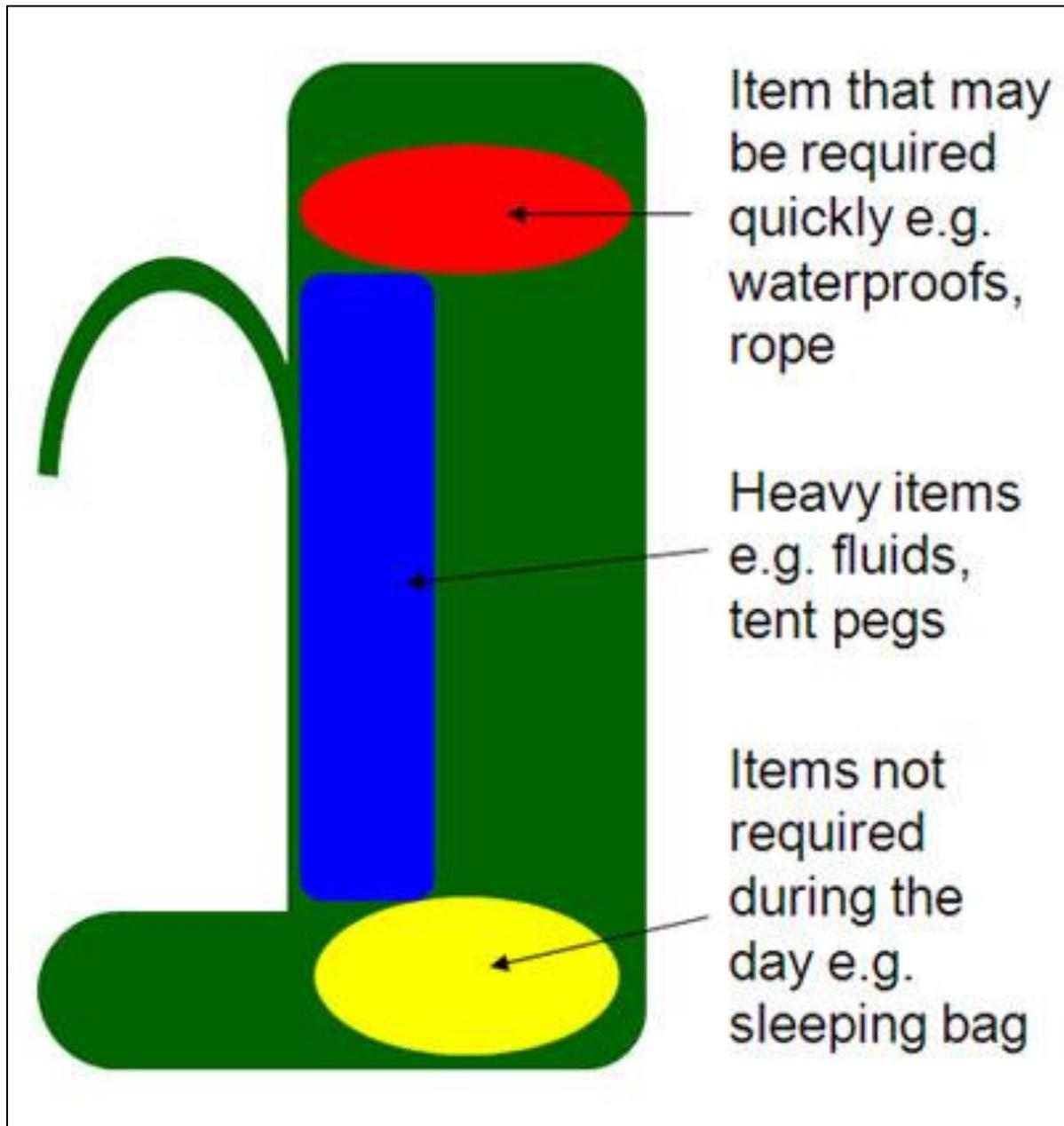
Spare Plastic bags

Food

Emergency Mobile Phone

How to Pack Your Rucksack

Here's a basic picture of how you should pack your rucksack. Try to make sure there are no air gaps in your rucksack and that you adjust the straps so that it fits snugly on you.



Max. carry weight/person = $\frac{1}{4}$ of person's body mass (aka. weight) up to maximum of 15kg

Buying vs Hiring

Your centre may be providing all or some of the kit you need. However, if you need to supply some or all of the kit then you can consider hire as an alternative to buying.

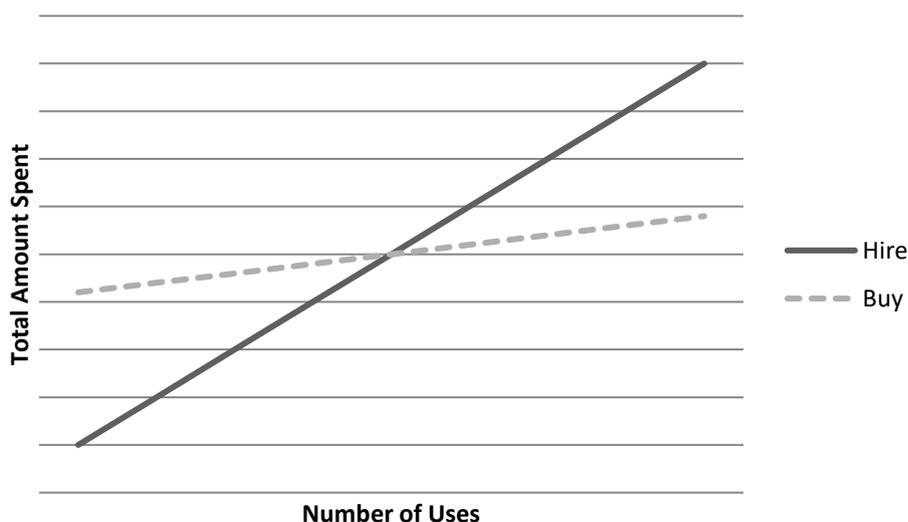
There are 3 main ways of accessing equipment:

- 1) Borrow from family/friends
- 2) Buy your own
- 3) Hire

When deciding on which is the best choice you must first ask yourself:

- Will you ever use this item again, if so, how often?
- What is the price difference for each option?
- Who will be responsible for repairs and maintaining the equipment?

Here is a graph showing the difference in cost from buying to hiring. Please note, this does not include any repair, maintenance or storage costs for your own equipment.



The Bad List

This list is not exhaustive. If you are not sure about an item, please ask your leader.

Below is a list of items which we will not allow participants to bring on an expedition:

- × Jeans
- × Any non-Rucksack style bags (ie, handbags, carry-alls, suitcases, etc)
- × Umbrellas
- × Any Electronic Devices
- × Glass, mirrors or sharp items that cannot be sheathed.

These items can be brought to the expedition but will have set conditions listed below. The Centre will accept no responsibility for the loss or damage to any of the items listed below if brought:

- × Trainers and Sandals (not used for walking, can be used at campsite)

General Clothes

The following is intended as advice for DofE participants on UK based expeditions in typical summer conditions. You are not expected to buy lots of expensive kit. You can wear the same clothes for the duration of the expedition, bringing too much may mean your bag becomes uncomfortably heavy. The choice is yours!

Remember this is a guide and it is up to you to decide what clothes you need and what you don't.

What materials should clothing be made from?

If this was a ranking system, tightly woven **wool** easily tops this list for expedition clothes. It naturally wicks moisture away from the body, naturally regulates heat in all weathers, naturally has anti-bacterial properties and can help to keep some mites (such as dust mites) away. It is also a renewable and easily recycled material for that feel good 'helped save the planet' feeling making the cost worth while.

After this would be man-made fibres designed for hiking. These are designed to help wick moisture away from the body and not irritate skin and allow air to circulate. The names and types of these materials change constantly with improvements to these materials but the most common type would be something containing **polyester** or sometimes nylon. The downside is they tend to use lots of chemicals in the manufacturing process and contain plastics which isn't great for the environment and can be costly. They also don't have heat regulation properties so you need to have clothing for the right season or weather (like duvets).

Bottom of the list is **cotton**. Though it is renewable, cotton holds moisture, becoming very heavy from sweat and holds onto heat, which as a combination is not good for our skin as it can cause serious skin irritation, rashes and blisters. Not a great choice.

General Tips

- Clothing made from cotton should be avoided as they hold on to sweat and other moisture, become heavy, can cause irritation and take a long time to dry. Man-made fibres are a lot better and wool is a great natural alternative.
- All participants must bring a spare emergency set of clothes, which are only to be used in emergencies. This maybe just a hoodie and trousers (think about what kind of emergencies you would need it)
- It is more convenient to take a few thin layers on an expedition rather than one thick layer as this allows for adjustment to different weather conditions.

Upper Body - Underwear

Underwear should have serious thought put behind it. This is the layer, closet to the skin in the most sensitive areas. Underwear should wick sweat and moisture away from the body to ensure the skin is kept dry. Damp skin is more easily irritated and can lead to blisters, rashes and increases the likelihood of skin tearing.

Upper body - Inner Layers

An inner layer is one that is worn next to the skin to help sweat move away from your body and keep your body temperature regulated. They should be light and made from material that is comfortable against the skin for long period of time.

- Examples are 'second skin' type clothing such as Under Armour.

Upper Body - Middle Layers

Middle layers should be put on when you start to get cold and can be easily removed when you get too hot. Two or more middle layers are useful so that an extra layer can be added if needed. Middle layers mainly get used when teams stop for rests and removed once the team is walking.

- Examples are thin fleece and woollen jumpers and polyester tshirts.

Upper Body - Outer Layers

Outer layers are used when at the campsite and the temperature begins to drop at night.

- Examples are a thick woollen jumper or hoodie

Lower Body - Underwear

Underwear should have serious thought put behind it. This is the layer, closest to the skin in the most sensitive areas. Underwear should wick sweat and moisture away from the body to ensure the skin is kept dry. Damp skin is more easily irritated and can lead to blisters, rashes and increases the likelihood of skin tearing.

Lower Body - Trousers

Trousers should be strong, quick to dry and allow air to circulate. Some walkers like to wear tights or leggings to help regulate sweat and heat.

- Examples of what to wear include tracksuits and jogging bottoms and tights and leggings (good for hot and cold weather), thermals (good for campsite but not when hiking).

Upper & Lower Body - Waterproof Layers

This is the final layer you may wear. This is a protective layer that will protect you against the rain, wind and possible stinging plants. These layers should be fully waterproof and not just showerproof. All waterproof jackets must have a hood. Waterproofs should allow for sweat to evaporate from the body otherwise it will cause condensation inside the jacket, should be light and easily taken off and put on, pack away small and be able to fit over the top of any clothes being worn.

- We can't give any examples but test your waterproofs by standing under a cold shower for 10 minutes and see how wet you get. Some water may get through but your clothes should still be fairly dry.

Hats/Caps

Hats are amongst the most important yet least used item of clothing during an expedition. We lose most our heat from our heads, simply

cause it's the one part that is never covered! Because it isn't often covered it is usually where most illnesses can start.

For sunny weather you will want a hat that shields your eyes, nose and shoulders from direct sunlight. For wet weather you will want a cap that you can wear under your waterproof jacket hood to prevent water from running down your face.

Gloves

It is always advisable to carry a pair of gloves, even in good conditions. Gloves will keep your hands warm but also safe if walking through overgrown paths. Gloves made from Goretex are recommended due to their breathable yet waterproof nature.

Socks

It is recommended you look after your feet as they will be key to how much you enjoy your expedition. Socks designed for hiking and made from wool or synthetics are best. These socks will be stitched in a way to prevent blisters along seams and will wick sweat and moisture away from your feet. We recommend you bring one set of socks for each day you are away plus 1 extra set.

Socks should:

- Cushion your feet
- Wick moisture from your feet
- Regulate your feet temperature
- Reduce blister-causing friction
- Improve boot fit (but only very small amounts)
- Have flat seams (especially over the toes) to prevent hot spots
- Have elastic stretch so they hold to your foot and not slip

Walking Boots

Alongside socks, boots are one of the most important pieces of kit. Unsuitable or poorly fitting boots can ruin your expedition.

What materials should walking boots be made from?

Modern walking boots are most commonly made from Leather or Gore Tex around the foot and rubber for the sole and tread.

Leather boots work by blocking any movement of air and water through the fabric. They will provide all round protection and are waterproof. This means they do not allow any water into the boot unless it is through the opening at the top of the boot or if the leather is damaged. Leather boots should be waxed the night before any expedition and then cleaned and waxed after you return home to ensure they maintain their strength and quality. Leather boots are heavier than most other boots and will stop any moisture from escaping your feet but are the strongest and with good socks will keep your feet dry and cool. These boots are great for colder weather and rough terrain. Vegan versions of leather boots can be found.

Gore-tex is a man-made fabric that is designed to allow the movement of air and moisture through the membrane. For this reason Gore-tex into their boots are actually all water resistant or splashproof (though sometimes advertised as waterproof). Gore-tex boots will typically be for summer as it will allow your feet to breathe and therefore keep them cool and sweat to escape but without being soaked by rain or waterlogged paths. You can add additional and maintain water-resistant properties by using special silicon based sprays, these should be applied 24 hours before any expedition in a well ventilated room and given time for the spray to dry. Though not as strong (or as long lasting) as leather, they are considerably cheaper and lighter than leather boots.

Parts of a Walking Boot

Boots have **Soles** for gripping the ground and protecting from sharp objects. They should have deep patterns of tough rubber. Soles should flex to allow your feet bend but be stiff enough to prevent your foot from bending too much.

An **Upper** to hold your foot snugly to your sole and protect your feet above the sole. Uppers should repel water from coming in but may contain *Goretex* to allow the boot to breathe however, this will make them water resistant not waterproof and should be permanently attached to the sole.

The **Inner** should be padded to insulate the feet and reduce any possible pressure points. Padding around the toe or heel is bad because it will compress and make the boot loose around those areas.

Your **Insole** cushions your feet against the vibrations sent through the sole when walking. Foam insoles will compress as make the boot loose. Insoles with arch support are important.

The **Tongue** should cover the opening where you put your feet and prevent any water or dirt entering the boot from around it.

This is supported by a **Scree Collar** which is a padded area around the ankle to stabilise your ankles, preventing most twists and stops dirt from entering the boots from above. All boots must use laces (not Velcro or other ways to secure the boot to your foot).

Laces are attached to the boot through all the punched eyelets, webbing loops, D-rings and/or hooks.

Choosing the Right Boot shape

There are several types of walking footwear available. For DofE Expeditions all participants must have Walking Boots. See illustrations below.



Sandals

x



Shoes

x



Mid-Weight
Boots

✓✓



Heavy Boots

✓

Things to consider

- **Boot Weight** - the lighter boot, the less work for your legs. Get as light as you can without sacrificing the support you need.
- **Water** - You want materials that will let perspiration escape but not let water come in. Water in your boot is uncomfortable and causes smelly feet and blisters. If you can blow air through the boots it means it maybe water resistant rather than water proof.
- **Arch Support** - keeping your foot comfortable and supported under load is important. If the boot lets your foot flatten out, it will result in a painful hike.
- **Protection from Injury** - stubbing your toe and twisting your ankle are the two big issues. Ankle support is important as the terrain can become rough and ankles can easily twist without the right support.

Rucksacks

In the UK a backpack (or daypack) will invariably be smaller and a rucksack will be larger. Both terms however are often used interchangeably.

Capacity

Rucksacks are available in many sizes, each with a wide range of features designed to suit different purposes. Backpacks are measured in litres. Everything you will take on your expedition will need to be kept in your rucksack. You will not be allowed to walk with carrier bags or other bags either in your hands or dangling from your rucksack and all items must be securely attached.

Remember the bigger your rucksack, the more you will want to pack, the heavier your rucksack will become however, you don't want a big bag that is half empty as rucksacks are made to be filled and will not work properly if they are half empty.

The size of your rucksack will depend on:

- what you plan to use it for
- how much you need to take
- your size and strength

Generally speaking, for a Bronze or Silver DofE Award expedition you will need a 55L-70L rucksack.

Choosing the Right Rucksack

- **Hip Belt** (Around 70-80% of the weight should sit on your hips)
- **Compression straps** (adjustable straps around the bag that can squeeze down a packed rucksack making it more compact and easier to carry)
- **Chest Straps** (a strap that runs along the bag at chest height that can be tightened to keep the rucksack close to your body)

- **Back Straps** (make the shoulder straps adjust so that the centre of gravity of the bag can move further up or down making a more comfortable fit)
- **Pockets and Compartments** (useful for organising items in your bag)
- **Rain Cover** (can you put on the outside of the rucksack to keep it dry in the rain. This does not remove the need for a waterproof liner inside the bag)
- **External Clips and Hooks** (useful for securing items to the outside of the rucksack)
- **Internal Frame** (this will give support to your back and help spread the weight. Do not choose a rucksack without a good, strong frame).

Sleeping Bag

The right sleeping bag can make all the difference to a restful night's sleep whether you are camping in the UK summer or planning a winter adventure outdoors.

What Material are sleeping bags made from?

Sleeping bags for expeditions will be made from one of 2 materials; Down or Synthetics. Down is a type of feather that grows on baby geese and ducks and is shed as they reach maturity. These feathers are natural and renewable and evolved to hold air to insulate the wearer. Synthetics are man-made fibres designed to trap air and is usually a form of plastic and therefore not renewable. Because of the nature of down, it is much more expensive to buy but will last for many years long than synthetic bags and will retain its insulating properties much better making it a more cost effective solution for anyone that will camp often and over a longer time. However, down does not work well when wet, unlike synthetic bags which will remain as warm whether cold or dry and is also a lot cheaper than down. Down bags will last upwards of 15 years if looked after well, whereas a synthetic bag will last about 4 before it needs replacing.

Temperature Ratings

There is no standard system to measure sleeping bags so different companies may use different ways to rate bags. Check with the store or on the manufacturers website.

All ratings should only be used as a guide as the actual temperature will vary from person to person depending the way you sleep, how easily you feel the cold and what you wear and how much heat your body produces. It's advisable to choose a sleeping bag that will provide more warmth than you may think is necessary.

Choosing the right Sleeping Bag

Baffles - Baffles are the compartments in the sleeping bag that hold the filling so it is evenly distributed.

Inner Linings - Fine nylon or polyester is the most common materials used for lining sleeping bags. Flannel or cotton are also popular for sleeping bag linings, although lightweight and breathable cotton traps moisture so isn't recommended for cold conditions.

Outer Fabrics - Outer shells are commonly made of nylon-ripstop is popular as it is highly durable. Dryloft is a water resistant, breathable fabric that is often used for sleeping bags.

Left & Right Hand Zips - Sleeping bags are available with the zip opening on the right and left hand sides. To make it easier to unzip when you are in it choose a bag where the zip opening is the opposite side to your leading hand. If you are right handed choose a left bag and if you are left handed choose a right bag.

Two Way Zip - A two-way zip is useful for easy opening when ventilation is required. Zips can be full length or just half way.

Zip Baffle - Heat can easily be lost through the zipped area of a sleeping bag, an insulated zip baffle (behind the zip) helps reduce heat loss.

Zip Cover - A zip cover (a piece of fabric that is normally fastened with velcro) covers the zip when the bag is fully zipped up helping to prevent the zip coming undone when asleep.

Hood - Much of your body heat is lost through the top of the bag where your head sits, a shaped hood will help keep in heat. A draw cord closure allows you to pull the hood tight against your face for added warmth (never completely close as will prevent CO₂ from exiting the bag).

Draft Collar (or Neck/Shoulder Baffle) - An insulated draft collar (at the base of the hood) helps to stop body heat escaping from the bag and keeps out the cold around neck and shoulders. Most draft collars will have an adjustable draw-cord to tighten if necessary.

Inner Pockets - Normally found near the top of the bag. Handy for keeping valuables such as wallets and phones safely tucked away.

Stuff Sack - Mummy sleeping bags will come with a stuff sack with a draw string closure. Unlike a rectangular bag that can be folded a mummy bag should simply be stuffed into its bag. Compression straps help reduce the size of the packed bag.

Choosing A Tent

There is a huge number of tents available for a range of different activities. Due to the demands of the DofE Award not many tents are suitable.

What is a tent is made of?

Number of men - gives an indication of how many people you can fit in a tent. Be aware that this is not the number of people with full kit so you will also want to take into account storage space around the tent (such as porches) when deciding on the nest tent for DofE.

Groundsheet - This keeps water and moisture coming up into the tent from outside. Expedition tents will have sewn in groundsheets. The level of waterproofness is measured in Hydrostatic Head (HH). DofE recommended kit has a 5000HH.

Flysheet - This is the shell of the tent. They can be made from a number of different materials, though all expedition tents use a light polyester. All tents have one and it will protect you from any rain, wind and direct sunlight. Flysheets are not breathable and therefore stop rain from outside coming in but also collect condensation inside if not well ventilated. A measurement called Hydrostatic Head (HH) is used to measure how waterproof a flysheet is.

Inner Tent - If a tent has an inner it is made from a light breathable material. This material is not very waterproof but acts as a barrier to insects from entering inside the tent and helps to retain heat in the tent.

Poles - These provide the structure of the tent and prevent the fly and inner from falling on top of you. Poles can make up the majority of weight in any tent. Poles can be steel, fibreglass or alloy. There isn't much difference in strength but the weight difference can be huge with steel being the heaviest and alloy being the lightest.

Please note that if fibreglass poles break they can leave nasty splinters so try to steer clear of them.

Guy Ropes - Used to attach the Flysheet into the ground with a peg. They provide the tent with extra stability especially during bad weather. Guy ropes should have an adjuster with a storm catch (prevents the adjuster from slipping in bad weather) and they should also be bright or reflective so they are easier to see in the dark to avoid becoming trip hazards.

Porch - these allow you some space in the entrance ways where you can store additional items. Porches are recommended if you have large rucksacks and for boots as you can keep them dry but not have to share your sleeping area with them.

Zips - Zips can be found on the doors and allow you to securely close the doors or open them slightly for ventilation.

Pegs - These are used to secure the tent to the ground. Pegs can be made from heavy and light metals through to plastics and wood.

Air Vents - are openings in the flysheet that allow air to circulate inside the tent. These will reduce the amount of condensation in the tent.

Extra points to Consider

- You need space in your tent for your rucksack as well, not just for sleeping in.
- Carrying weight should be as low as possible so we recommend sharing with one or two other people.
- The bigger the tent the heavier it will be so be prepared for small spaces
- 99% of tents that you can stand in are not made for expeditions so steer clear of these tents, you will not be allowed to bring them if they don't meet expedition standards. Sitting up room will be the most you will get.
- Make sure the tent is long enough for you to lay down and stretch out in.

- Having a porch can save having to keep your rucksack in your tent (something worth considering).

For DofE purposes you will want a tent that:

- weighs no more than 1.5kg/person,
- can be split up between different people to carry,
- is no larger than a 3 person tent,
- has a flysheet,
- has a sewn in groundsheet with a HH of at least 3000.
- has a flysheet with a HH of at least 3000
- Not a pop up, festival or garden tent!

Cooking Equipment & Fuel

Cooking on a campsite can be a very different experience. It is also one of the most vital things you need to know about.

Why Cook Food?

- Hot food makes you feel better after a hard day
- Kills bacteria found in water and food
- Makes food easier to digest
- Helps to warm up your body
- Is a requirement of the DofE Award

Ways of Cooking on Camp

Cooking on camp can be as rustic as cooking on a wood campfire to being as modern as having a 6 point hob each with a different type of fuel. Each way has its own merits and cons. However, for DofE Award groups, you will need to use pre-approved expedition stoves, most likely Trangia stoves. If your team is planning on using a different stove then please check with your leader before buying/hiring/using it.

Stoves

The most common brand of stove used by DofE Award groups is the Trangia. Trangia are Swiss designed and engineered pieces of kit. Trangia are pretty tough pieces of kit and is amongst the most versatile given its ability to utilise multiple fuels. For DofE the most common models used are 25UL and 27UL which come with their own pans, but you can get other models like the mini which are smaller and lighter but you have to bring separate pans. Trangia are made from aluminium to make them light and have been hardened for strength. These stoves can take a good beating and have a good reputation for a reason. The kit packs down into itself. There are other companies that use the Trangia shape and design and can be bought for cheaper than the original but so far the quality of these brands is substandard in comparison.

Vango is a famous brand in camping and they also have their own stoves. As the official supplier of DofE equipment, they do have a stove on the DofE recommended list, the 'Vango Folding Stove'. This stove is made up of a gas burner that is attached to a tripod and a fuel pipe that will attach to a gas cartridge. These stoves are not as able to withstand knocks and bumps and may become unusable if they take any damage, you also need to ensure you buy the correct gas cartridge with the correct fitting as, in most cases, you cannot return gas cartridges, even if they have not been used. Another thing to consider with any gas stove is that the fuel pipes can leak at the connectors, for some stoves you can just replace the pipe/burner however, if the connector leaks on this stove you will have to replace the whole stove.

There are other stoves available, however, they are not DofE approved. You can use these stoves for DofE but make sure they are light enough to carry, do not get damaged easily, have a good track record (check lots of reviews) and know how they work.

Fuel

If using a spirit burner, you will want to use either Methylated Spirits (aka Meths) or Bio-Ethanol. Bio-Ethanol is cleaner for the environment, renewable and will not leave as much soot on your pots, Meths will burn slightly hotter and longer in all conditions. The average team will need about 300ml of fuel per meal.

If using gas, you will need to have the correct attachment for the stove and gas bottle. For expeditions you will want a small bottle that you will be able to carry in your rucksack along with everything else. Remember gas is not renewable and if it leaks is extremely dangerous, especially if storing it inside of porches. The average team will need about 75ml of gas per meal.

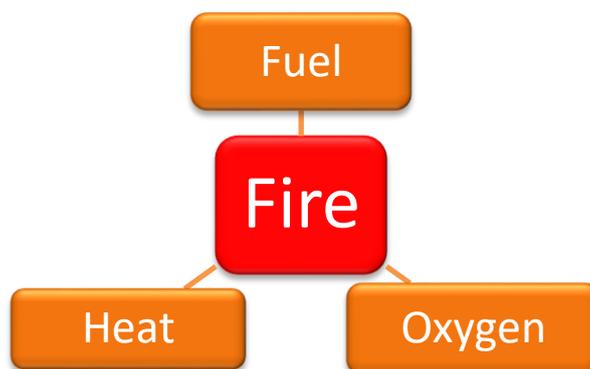
Fuel tablets and gels usually require a special dish. If you plan on using them, please ensure they are used in conjunction with the manufacturer's instructions. Please also check that your stove is able to use that fuel type before an expedition.

Safety Advice

- Ensure stove passes your leaders safety approval before using.
- Under no circumstances should you use petrol as a fuel.
- Do not carry fuel in any bottle/container other than one approved for carrying that fuel type.
- Never put hot/warm fuel back into a fuel container.
- Never put fresh fuel into a hot/warm burner.
- Never cook inside your tent (no closer than 3m or 1/3 the height of your tent, whichever is larger).
- Never pour/dump your fuel into or near a water course (ie, drain, river, pond).
- Gas bottles should be self-sealing.
- Never leave your stove/fire unattended when lit.
- Never play around the stove/fire when lit.
- Always know (and keep close) your method to extinguish your fire if it gets out of hand.

The Fire Triangle

All fires require 3 things in order to light, survive and grow.



If one of these items is removed be very careful when reintroducing, if 2 are still present as fires can spontaneously re-light in spectacular fashion.

First Aid Kits

Every DofE participant should be deemed first aid competent before any expeditions take place and have their own First Aid Kit, even if you are provided with a 'team' kit by your centre. This is one piece of kit you hope never to have to use but cannot do without.

Minor Injuries and Major Injuries

During an expedition you will get some cuts, bruises, grazes, scratches or blisters. These are very common and, in most cases, treated minor injuries. Minor injuries can be easily treated by washing with water, drying by dabbing with a clean towel/tissue, applying pressure for a few minutes and then possibly placing a plaster over the top (Your first aid training will go into more depth).

Major injuries are something else completely and will require a lot more time and first aid equipment to deal with. This is where your training, having enough equipment and the correct equipment is extremely important. Major injuries may include blisters the size of your hand/feet, broken bones, big cuts and passing out. In most cases, 1 major injury will use up most of the contents of a standard 1 person first aid kit that costs between £10-£20.

Personal medication is not covered by First Aid. As first aiders you will not be allowed to use any pills or potions which means you cannot give painkillers or anti-histamines to each other if performing first aid. Your personal medication can be carried in your personal first aid kit and you should discuss with your team or a couple of members how to administer medication if you are not able to do it yourself (ie, if you pass out and have an epipen).

It's therefore important to ensure you have a decent sized personal first aid kit. We have included a list of what should be in a first aid kit so that you can make up your own kit. If you are buying a kit, it will cost between £10-£20 (if it has all the equipment listed below). We recommend the St. John Ambulance 'Universal Compact First Aid Kit'

Essential Kit

A First Aid Kit must include the following kit as a minimum:

- 2x Non-Latex gloves
- 1x Triangular Bandage
- 3x Dressings
- Plasters
- 3x Sterile Cleansing Wipes

Optional Kit

You may want to add some of the following items to your First Aid Kit:

- Eye Pads
- Eye Wash Phials
- Face Shield
- Microporous Tape
- Burn Shield or Cling Film
- Tuff Cut Scissors

Personal Items

If you take any medication then place it in a separate bag so that it does not get mixed up with your First Aid equipment. It is also recommended that you inform at least one member of your team where they can find the medication in case you are not able to self medicate and to leave a spare with another member of your team during an expedition. Medication that people usually take are:

- Inhalers
- Insulin
- EpiPen

The following items are not for medical purposes and must be kept in a separate bag. They may be used for personal use only and should never be given to anyone when delivering First Aid. Some items people usually take are:

- Painkillers
- Anti-histamines
- Glucose Tablets/Gels
- Oral Rehydration Salts



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