



DofE Expedition Support

Sliver Kit List

Water Bottles 4x 500ml or 2x 1 liter

WATERPROOF- PANTS AND JACKET ARE ESSENTIALS.

Tracksuit/pyjamas to sleep in-

Complete changes of clothes x 4.... leggings or tracksuits bottoms work well

Toothbrush, toothpaste, soap and hand towel.

Underwear (ESSENTIALS)

Socks x6 –try to bring walking socks for warmth and comfort.

Cap, woolly hat and gloves

Two sets of footwear, walking boots/Trainers 1 set for walking 1 set for around camp

Knife, fork, spoon or just bring a spork

Mug, plate, bowl (plastic if possible)

Stainless steel Flask (not essential but if you do bring one you won't need a mug)

Torch and spare batteries

Sleeping bag - (suitable for the weather conditions)

Sleeping Mat

Sweets/Chocolate/snacks

Any medication you need- (please inform staff of any medication you bring).

Breakfast for 2 days- Porridge, cereal packets, and breakfast bars work well & fuel your day

Lunch for 2 days. Sandwiches, cooked pizza, pasta (can be cooked the evening before)

Evening meal for 2 Nights, (which you must cook and EAT)

Personal First Aid kit (can be pooled together to make group first aid kit in an emergency) Suntan lotion, after sun, Vaseline, hand sanitizer and wet wipes

PLEASE DO NOT BRING ANY WELLIES OR JEANS TO YOUR EXPEDITION.

All specialised equipment will be provided this includes:

RUCKSACK

TENT

COOKER, GAS & CLEANING SUPPLIES

MAP & COMPASS

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