

DUKE OF EDINBURGH BRONZE EXPEDITION PACKING LIST

TO WEAR:

- Quick dry shorts or pants (**NO JEANS**)
- Quick dry T-shirt and a long-sleeved shirt (**NO COTTON**)
- Wide brimmed hat
- Sunglasses and sunscreen
- Hiking boots or hiking shoes - we recommend boots as they provide better ankle support. If buying new footwear, please ensure that your daughter has had time to break them in prior to the practice trip.
- Wool or quick dry hiking socks (**NO COTTON SOCKS**)

BACKPACK:

- 45-60 liter pack
- Waist and chest straps
- Padded shoulder straps

Mountain Equipment Co-op rents these packs at reasonable rates

TO CARRY IN YOUR PACK:

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| <ul style="list-style-type: none">• Rain suit (top and bottom)
(must be waterproof with a hood)• Long underwear - top and bottom• Toque and gloves• Wool or fleece sweater• 1 liter water bottle (Nalgene)• 2 pairs of socks (NO COTTON)• 1 pair of fleece pants• 2 pairs of underwear• Swimsuit• Plate, bowl, cup and utensils• Small towel | <ul style="list-style-type: none">• 2 large garbage bags• Pen, paper and highlighter• Map in a ziplock bag• Camera• Wallet with ID, money - \$5 (optional)• Personal first aid kit-Kleenex, baggies for waste, sanitary supplies, toothbrush, band aids, and personal medication, <i>Blister Care Kit</i> (mole skin, Nu Skin, etc.) scissors, sunscreen, and bug spray.• Whistle |
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GROUP CAMPING EQUIPMENT: Please do not buy anything yet but have a look to see what you have. Once groups have been formed a modified list will be made for each student.

- Tent (maximum 2 tents per site and/or 6 people)
- Ground sheet
- Large tarp
- 50 feet of rope
- Stove
- Extra stove fuel
- Matches/lighter
- Duct tape
- Set of pots and frying pan
- Oven mitts
- Dish soap
- Wash basin
- 2 dishtowels
- Sleeping pad
- Sleeping bag (below zero warmth rating)
- Compression bag for the sleeping bag