

Kit

What kit do I need? What happens if I forget anything?

For the kit that you need, please refer to the Expedition Preparation Guide. There is a kit checklist that you can use to check that you have everything. We do supply essential group kit so you will not need these items, see the DofE page for details of what kit we can provide. We do have a small amount of spare kit, and we may be able to visit a shop before your expedition starts, but be aware that you will not be able to go out on expedition if you are not properly equipped.

Why can't I wear trainers or approach shoes?

Walking boots give ankle support and good grip, both of which are essential for safety when carrying an expedition pack. They are also more likely to keep your feet dry and comfortable when walking in the hills.

Without boots you will not be able to take part in the expedition.

Your boots **must** cover your ankle bone.

Do I need any other footwear?

You will need some indoor shoes to wear around the house at Pendarren. You may take these on expedition with you to wear at the campsite, but you must wear your boots whilst cooking and must not walk around barefoot.

Can I wear shorts?

You can wear shorts if you wish, but our recommendation would be long trousers. Long trousers prevent cuts and scratches from vegetation, protect against insects and sunburn, and may be more appropriate due to temperatures generally being lower on the hill tops.

Why do I need a hat and gloves?

Even though your expedition will take place in summer, the temperature is generally lower on hill tops and can still be very cold there and overnight.

Why can't I wear cotton?

Cotton absorbs water and becomes cold and uncomfortable when wet. A better option would be a synthetic (wicking) t-shirt and a fleece. Woolly jumpers are also warmer than cotton when wet.

How many spare clothes do I need?

For a Gold expedition, the minimum is an entire change of clothes (including underwear), although you may prefer to take more. You will also need a spare warm jumper. You should make sure that you have at

least one spare pair of socks, but you can take a new pair for every day if you want to.

Can I bring a mobile phone?

Yes, having a phone on expedition is essential in an emergency. For this reason you should make sure it is fully charged and protected from water, but you should avoid using it other than in an emergency or to contact your instructor.

Can I bring an Mp3 player / tablet?

No. In addition to the risk of it being lost or damaged, it is not in the spirit of the DofE and can be seen as antisocial. Listening to music whilst walking can be dangerous as it may distract you from navigation / what is happening to the group or may mask road noise.

Can I bring a camera?

Yes. We recommend bringing a camera – it's a great way to remember your expedition and may be useful depending on the aim of your expedition. Make sure it is protected from water / impact though!

Do I need walking poles?

They are not essential, although many participants find them helpful. When used properly they let you take some of the weight off your legs, so they may be particularly good if you have ankle / knee / hip problems.

Do I need gaiters?

Gaiters are tubes of waterproof material that fit over the bottom of your trousers and the top of your boots. They can help to keep your lower legs and feet dry in wild country, but they aren't essential.

Do I need to bring money?

Yes. You may need money for showers at the campsite or to buy small items that you have forgotten before the start of the expedition. Having some change may be useful in an emergency too.

Are my personal items insured on expedition?

They may be insured through your house insurance, or through travel insurance if you choose it. They are not insured through Pendarren House or through the DofE.

Will I have to pay for borrowed kit that I have lost or damaged?

Accidents happen. If something is lost or broken by accident e.g. you needed to use your shelter in an emergency and it was damaged, we

won't charge you. If we believe that something was broken because you misused it or didn't look after it, then we may charge you.