

Open Gold Centre Day Walk Kit List

1. **Rucksack** - For day walks you must use your expedition rucksack (65/70 litres) as this will prepare you for the practice expeditions and final expedition
2. **Compass** – Silva Expedition 4 (or similar specification compass; 1:25,000 scale, bearings).
3. **Map** – Brecon Beacons OL12 laminated map.
4. **Dry bag** (size depending on day rucksack)
5. **Orange survival bag** - this is essential as participants aren't carrying tents for the training walks.
6. **Boots** - These are one of the most important purchase you will make. You need to buy boots now and begin wearing them as much as possible to wear them in. You really get what you pay for with boots, whatever you get they need to be waterproof and breathable. One of the main factors with boots is how much ankle support they give you. More expensive 3 – 4 season boots will have a stiff mid-sole giving you a lot of support in hilly terrain. However some people prefer a softer synthetic boot that is lighter and not as stiff. The best thing to do is to go to a large outdoor shop and just try on lots of boots of different styles and brands and see how they feel. If you are on a budget you can get good enough boots in shops like Sports Direct.
7. **Socks** - It is worth investing in a pair of proper walking socks as they help to prevent blisters.
8. Sensible pair of **trousers**, not jeans, something cotton or fleece based are ideal.
9. **Base layer** for on top - Specialist items can be found in outdoor shops. Or thermal underwear from a department store or supermarket is more than sufficient.
10. **Mid – layer** for on top - Basically a fleece of some description, fleece is far better than a 'hoodie' as fleece is lighter and doesn't hold water if it gets wet.
11. **Gloves** and warm **hat** are essential in all weather conditions.
12. **Spare warm clothes** - Two fleeces and spare socks
13. **Waterproof trousers and jacket** - With waterproofs you can spend up to £200. Many companies make their own brand of 'breathable' material, this is excellent as it lets moisture out from the inside and keeps the rain out from the outside. It's worth getting fairly good waterproofs as we do get a lot of rain and staying dry will make your expedition far more comfortable! Again try sports direct or TK Maxx if you are on a budget.

14. **Head Torch** and spare batteries - We aim to leave the area before it gets dark but would be used in certain emergency situations.
15. **First aid kit** - 1 small first aid kit (your training will help to choose contents) - You can buy these ready made in Tesco, Boots etc., or an outdoor shop.
16. **Gaitors** - These are waterproof covers for your boots, these make a real difference if soggy ground but they aren't essential.
17. **Whistle.**
18. **Food** – enough for a day walk to include lunch, snacks (cereal bars, dried fruit, nuts, chocolate etc.)
19. **Emergency rations** - 2 or 3 chocolate bars or cereal bars and/or nuts or dried fruit.
20. **Drink** - Three litres of liquid (preferably water for hydration). Take a flask of hot drink if you like.

We can lend you expedition size rucksacks if you require.

If you have any queries regarding the above then please do not hesitate to contact Darren Clapham. It can be costly to buy the equipment, however it will last you for the year you are training, the expeditions and far beyond.

In terms of buying equipment other than there are a range of options. You get a discount with Cotswold as a D of E participant and GO Outdoors will also give you 10% off. If you are on a budget then it is worth trying shops like Sports Direct as they often have very cheap boots and waterproofs, or TK Maxx will sometimes stock great value outdoor equipment. Of course, there is always ebay!

Although the kit can be expensive its worth considering how much you will both use it and also rely on it during your Gold experience, so it can be worth paying more for quality for certain items of equipment.

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