



Day Walk Kit List – For the Gold Award,
(see ‘exped info’ page for bronze & silver kit lists)

Essential Items to be Purchased Through the Open Gold Centre (we buy them in bulk and then sell them onto you so you get them nearly half price):

1. Compass – Silva Expedition 4. Cost is £15
2. Map – Brecon Beacons OL12 laminated map. Cost is £10
3. 100 litre dry bag – cost is £10
4. License for the gold award - £18

Total cost = £53

Items to be purchased yourselves

1. Survival bag – large orange bag this is an essential piece of kit that you can buy in any outdoor shop or online. If the situation means you may be on the hill for some time you can climb inside it and it keeps you surprisingly warm and dry!
2. Whistle. Any type of whistle, ensure it is on a length of string.
3. Boots. These are the most important purchase you will make. If you do not have a pair of good, worn in boots you will seriously jeopardise your chances of completing the final expedition. 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, £40 is the minimum you would want to spend. They must be waterproof and breathable.
4. Gaitors. These are waterproof covers for your boots, they are not essential but a good idea to keep your feet dry, they will cost approx £15.
5. Socks. It is worth investing in a pair of proper walking socks as they help to prevent blisters.
6. Gloves and hat are essential in all weather conditions.
7. Sensible pair of trousers, **not jeans**, something cotton or fleece based are ideal.
8. 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.
9. Mid – layer for on top, basically a fleece of some description. If you do not own a fleece you can buy a ‘Tesco Value’ fleece for £4.50 which will be ideal.
10. Waterproof trousers and jacket. With waterproofs you can spend from £10 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.

11. Spare warm clothes. Two spare jumpers or fleeces. One spare pair of socks.
12. Emergency rations. 2 or 3 chocolate bars or cereal bars and/or nuts or dried fruit.
13. Packed lunch and food to eat whilst walking ie, cereal bars, chocolate bars, fruit etc etc.
14. Drink. Two litres of liquid. Flask of hot drink if you like.
15. Torch and spare batteries. Try to find something small and light, if you fancy buying a new one a head-torch is ideal.
16. First aid kit. 1 small basic first aid kit. You can buy these ready made in Tesco, Boots etc etc, or an outdoor shop.
17. Rucksack. For day walks you can use a smaller 'day sack', however if you have an expedition rucksack use it so you get used to carrying it.

For the expeditions we can lend you expedition size rucksacks, tents, stoves and sleeping bags if you require.

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

If you are in the Swansea area then it is worth going to TK Maxx and Sports World in the Morfa stadium complex, you can find really cheap boots, waterproofs and fleeces in these shops but it is a gamble depending on what they have on the day. A range of shops on the McArthur Glen complex in Bridgend also have outdoor equipment. Swansea city centre has 6 outdoor shops offering a great range of equipment. It can be worth trying Ebay and the wider internet, however if you are buying boots then try them on in a shop before purchasing online. If you are buying in a shop in Swansea then they should all offer you 10% discount for Duke of Edinburgh's Award, take some evidence that you are on the D of E like your welcome pack or the Cotswold Discount Card in the welcome pack. We don't have a Cotswold store locally but you can get the discount in their online store.

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