



# mountain life

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We understand that getting kitted out for an expedition can be pricey, that is why we are delighted to be able to offer you...

## 10% off in our outdoor store

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## Duke of Edinburgh Award Expedition Kit List

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We have developed this kit list so you have a tick sheet of everything you might need when undertaking a D of E expedition. This is only a guide, so please make sure you have any specific items that are surplus to a standard expedition.

All the items are what our Mountain Life team of Product Advisors recommend, though due to seasonal product changes items may vary. We are always around to give good practical advice for all your needs, so please don't hesitate to ask us any questions; we will always endeavour to offer the very best value and expert advise.

For more help why not get in touch with the team,

Phone – 01768 860046

Email – [rob.atkinson@rheged.com](mailto:rob.atkinson@rheged.com)

Got it (tick)	Item Needed	We recommend
	Walking Boots	Berghaus Explorer is an excellent boot at a good price at £110 (however this does depend on foot size and width) but have a look in store to see a great range.
	2 pairs, walking socks	Bridgedale Endurance Trekker, Bridgedale Women's Endurance Trekker £15.
	2 pairs, sock liners (optional)	Bridgedale men's and women's Coolmax Liners, keep your feet warm when it's cold and cool when it's warm.
	Waterproof over-trousers	Berghaus Deluge Overtrouser are very tough and great value at £50
	Waterproof Jacket	A large selection in store, Berghaus make some excellent affordable options.
	2-3 Base Layers –Not Cotton Tee's!	Icebreaker, merino wool base layers, various designs and colours but cheaper tech tees are available from £22.
	2 fleece half zip style mid layer tops or similar	Berghaus Annandale Jacket, great value at £45.
	2 pairs walking trousers (NOT jeans)	Montane Terra Pants are excellent walking trousers.
	Warm hat &/or sunhat	North face beanies and Columbia sun hats work well.
	1 pair gloves	Seal Skinz Windproof Gloves are ideal.
	1 pair shorts	Montane make some rugged shorts.

	Suncream (if appropriate)	Lifeventure make a very good quality range.
	1 pair gaiters (optional)	Mountain Equipment Trail De Gaiter is tough and simple.
	Rucksack (approx. 55-65 litre)	Karrimor and berghaus rucksacks are in store, fitting is essential so allow a bit of time for this.
	Rucksack liner (or 2 x plastic bags)	Plastic bags work well but exped dry bags will ensure you don't get wet gear.
	Sleeping mat	Thermarests are renowned for comfort and quality.
	Sleeping bag	Vango make a good affordable range, ask in store for availability.
	Waterproof bag for storing sleeping bag	Exped Dry Bags will do the job, lots of different sizes.
	Survival bag	Life Systems Survival Bag.
	Whistle	Lifesystems make a bright orange whistle which is perfect in an emergency.
	Head Torch	Petzle Tikkina Headtorch is a good value head torch.
	Personal first aid kit	Lifesystems Trek First Aid Kit.
	Emergency food rations	Mars bars will suffice.
	Water bottle (1-2 Litres)	Sigg bottles are affordable and very tough.

Knife, fork, spoon	Sporks are an all in one solution or Lifestventure set.
Small pocket knife/pocket tool	Victorinox, we have a large range of Victorinox pocket tools.
Plate/bowl/ Mug	Lifestventure make a good range of lexan or stainless steel.
Wash kit	Lifestventure make some very robust and ingenious ones.
Towel	Lifestventure, 3 different sizes, easy to pack.
Tent(s)	Vango make a large selection of good value tents ask in store for availability.
Camping stove(s)	Trangia or our fantastic value Primus Gas Stove.
Camping stove fuel	Primus gas canister, differing sizes.
Scourers	Any from supermarket.
Maps (1:50 000/1:25 000)	We have all ordnance survey to cater for wherever you go.
Compasses	Silva Compasses are Excellent and start at £10.50.
Map case	Silva makes a great one from £5.00 though Ortlieb map cases provide unrivalled protection.
Food (lightweight)	Wayfarer has some excellent choices though super noodles are a lightweight and affordable option!

	Storm shelter	Lifescystems make differing strengths.
	Insect Repellent	Lifescystems offer a full range from Deet based to natural.
	Mosquito Net	Lifescystems provide a complete range Lifescystems make an excellent head net.
	Water Purifying Tablets	Lifescystems provide a full range.
	Waterproof Bags	Exped are market leaders of waterproof roll top bags.