

Example Kit List for Adventurous Journeys

This tool is adapted from the resources of [One Step Further](#) and [The Duke of Edinburgh's Award](#) and is an illustration of the items you may need when undertaking your adventurous journey. This list is to be used as a guide only. There may be other items which can be very useful /essential in certain situations and based on the mode of travel and the purpose of the journey. It is the IAC's responsibility to ensure that such items are identified and included in the kit list.

DAY TRIP:

Personal kit:

- A*Quality trekking rucksack 50L-60L
- A*Quality hiking boots
- A*Hiking/trekking socks
- A*Waterproof jacket (breathable/packable)
- A*Waterproof overtrousers (breathable/packable)
- A*Personal first aid kit (incl. emergency/rescue bag)
- A*Headtorch (+spare batteries)
- A*Water bottle with cover 1L + 0,5L
- A*Lunch & Spare food
- A*Notebook & pen
- W*Vacuum bottle with warm drink 0,5L
- W - Thermal base layer
- A - Breathable hiking T-shirt
- A - Warm breathable fleece jacket
- A - Hiking trousers (durable/ breathable)
- W - Warm fleece hat & fleece gloves
- S - Sun hat
- A - Sanitary supplies
- A - Trekking poles
- S - Sunglasses & A - sun cream
- S - Insect repellent
- A - Whistle
- A - Dry bags to keep things dry
- Camera and/or Video camera if needed for the Aim

Group kit:

- A*Map & route card
- A*Mobile phone (1 or 2 per team, fully charged, turned off & sealed for storage/emergency)
- A*Garbage bags
- A*2 compasses (model: Silva Ranger)
- A*2 pens & 2 mechanical pencils
- A*2 wrist watches
- A*Money (sealed with phone for emergency)
- A*Toilet paper

ADDITIONAL FOR OVERNIGHT:

Personal kit:

- A*Sleeping bag (rated ≤ 3 °C COMFORT EN13537 - weight ≤ 1400 gr)
- A*Insulating sleeping mat
- A*Food to cook (pasta, rice, noodles)
- A*Unbreakable: Knife/Fork/Spoon
- A*Unbreakable mug
- A*Unbreakable bowl
- W - Spare clothing (additional layer to keep you warm)
- A - Spare trekking socks & underwear
- A - Small pocket trek towel

Use of the following is NOT allowed during the adventurous journey:

- Any kind of Camouflage clothing
- Hunting boots
- Jeans
- Sleeveless T-shirts/tops
- Any kind of barbecue grills
- Disposable dishes, forks, knives, spoons
- Alcoholic drinks or cigarettes
- Mobile phone, iPod, mp3 player etc.
- GPS (unless necessary for the Aim)
- Money or credit cards

It is NOT recommended to wear the following during activity:

- Clothing made of cotton (hoodies, sweat pants, sweat shirts, T-shirts, socks)

Group kit:

- A*1 tent for every 2-3 persons
- A*Lightweight stable outdoor stove (with screw on valve) or Trangia
- A*1 gas canister 230 gr. per tent (2-3 persons)
- A*1 lightweight outdoor cooking set
- A*Matches/lighter

* = Compulsory - A = Always – W = Winter only – S = Summer only