



### DofE Gold (Learn 2 Lead) Residential Course – Kit List

Amount	Item
1	Sun cap
1	Sun glasses
1	Suncream (water resistant/proof)
2	Pairs of trainers (1 pair will get wet!)
1	Headtorch (with spare batteries)
1	Warm hat
1	Pair of warm gloves
5	Sets of underwear
2	Trousers (at least 1 pair not jeans!)
1	Mid layer jumper
5	T-shirts
1	Warm jumper/down jacket
1	Thick walking socks
1	Padded cycling shorts (optional)
1	Dry bag (10 litre)
1	Swimming shorts/suit
1	Personal money (optional)
1	Small Towel
1	Pair of flip flops/sliders
1	Toiletries

We supply all the technical kit you need, including but not limited sleeping bag, air mat, tent, bike helmet, kayaks etc etc! So please don't worry that the above doesn't seem like much – we bring the rest!