

**The Duke of Edinburgh's Award – Adventurous Journey  
OEG Silver Clothing & Equipment List**



**Clothing**

Quantity	Item	Tick
1	Waterproof jacket (provided by OEG)	
1	Waterproof pants (provided by OEG)	
3	Thin fleece or woollen jumper	
2	T-shirt	
2	Long sleeve shirt	
3	Thick socks	
3	Underwear	
1	Long pants	
1	Thermal top	
1	Thermal pants	
1	Shorts	
1	Beanie	
1	Warm gloves	
1	Small towel	
1	Broad brimmed sunhat	
1	Walking boots (bushwalking)	
1	Closed toe water shoes (canoeing)	
1	Closed toe shoes for campsite	

**Camping Equipment**

Quantity	Item	Tick
1	Sleeping bag (waterproofed with plastic bag in stuff sack)	
1	Sleeping mat (provided by OEG)	
1	Small lightweight torch and spare batteries	
2	Strong large garden garbage bags (orange ones)	
1	Eating set (strong plastic bowl, mug, fork, spoon)	
1	Sharp knife in a sheath (optional)	
1	Small light plastic chopping board (1 per cooking group)	
3	1 litre water bottles	
1	Cleaning kit ('chux', scourer, tea-towel)	
1	Whistle on a cord	
1	Compass	
1	Watch	
1	Sunglasses	

**Personal Items**

Quantity	Item	Tick
As required	Personal medication e.g. Ventolin (make sure this is on your medical form)	
1	Toiletries (toothbrush, small tube toothpaste, small comb, female sanitary products)	
1	Box of matches or lighter (in a waterproof container)	
1	Sunscreen	
1	Lip balm	
1	Roll of toilet paper in zip lock bag	
1	Notebook & pencil in zip lock bag	
1	Personal first aid kit (e.g. band-aids, roller bandage)	

**Optional**

Quantity	Item	Tick
1	Camera	