

EQUIPMENT KIT LIST FOR THE ADVENTUROUS JOURNEY

This list includes the items you will need for your Award Adventurous Journey (AJ). We only recommend items that are suitable for AJ's and good value for money. There is no obligation to buy the specific items we recommend. However, safety during AJ's is important and the quality of the gear participants use affects their safety. The gear you will choose will accompany you for 3 to 4 school years for Bronze, Silver and Gold levels and can also be used for other purposes.

Award Discount Card

- Save 15% with your Award Discount Card at Get Out outdoor store, Arsinoes 18A Acropolis. Tel: 22311012
- Discounts can be used for family purchases as well!
- Free in-store expert advice & boot fitting available.
- Items marked with **VP** are part of our proposed Value Pack and can be pre-ordered at an incredibly low wholesale price before deadline mentioned in the letter you received.

CLOTHING

Item needed		Specific items we recommend	Got it	Packed it
Quality hiking boots the most important item for your safety	VP	LA SPORTIVA: Ultra Raptor II Mid Man & Woman provide ankle support, good grip and protection Weight: 930gr/pair, Gore-tex® Waterproof, Frixion®		
Waterproof jacket with hood	VP	MAC in a SAC: Origin over-trousers Breathable, packable, sealed seams & covered zips		
Waterproof over-trousers	VP	MAC in a SAC: Origin jacket Breathable, packable, sealed seams & covered zips		
Hiking socks (one pair per day) synthetic or wool or combination		LA SPORTIVA: X-Cursion socks		
Baselayer top isothermal, breathable		LA SPORTIVA: Tour long sleeve men or Swift long sleeve women		
Baselayer leggings (for cold season) isothermal, breathable				
Underwear (one extra per day)				
2 hiking T-shirts synthetic, breathable		SALEWA: Melange dry LA SPORTIVA: Blitz man and Move woman		
Fleece jacket warm, synthetic, with full zip		SALEWA: Hybrid Polarlite fleece jacket LA SPORTIVA: Chill man and Vibe woman microfleece jackets		
Hiking long trousers durable, NOT jeans, NOT camo		SALEWA: Puez 2 dry pants, Dolomitic pants (cold season) LA SPORTIVA: hiking pants		
Hiking short pants (for warm season)		SALEWA: Puez 2 dry shorts		
Warm fleece beanie (for cold season)		BUFF®: Thermonet® cap, Polar Buff®		
Sun hat (for warm season)		BUFF®: Pack Trek cap, Pro Run cap		
Head/ Neck Scarf		BUFF®: The Original ECO Stretch Multifunctional microfiber bandana		
Fleece gloves (for cold season)		Lightweight fleece gloves		
Spare warm clothing (for campsite)		Prefer a lightweight packable down or synthetic down jacket		

PERSONAL KIT

Item needed		Specific items we recommend	Got it	Packed it
Rucksack with waterproof cover	VP	Vango: Contour 60:70L with anatomic adjustable back and straps to carry a tent		
Sleeping bag (rated 1 °C Comfort EN13537)	VP	Vango: Microlight 300 (rated 3 °C Comfort Temperature EN13537) Weight 1kg & packing size 26cmx19cm.		
Sleeping mat	VP	Vango: Trek 3 standard self-inflatable mat or ThermoTrek foam mat		
Waterproof bags (for s/bag and clothes)		SILVA: Dry bags 70D (1x6L & 1x12L)		
Whistle		SALEWA: Aluminum whistle small		
Head lamp		SILVA: Scout 3 (use new batteries)		
Personal First Aid Kit		SALEWA: First Aid Kit Outdoor. Includes a survival blanket, an elastic bandage, band aids & personal medication (to be reported)		
Personal food for the day		<u>For first day:</u> Sandwiches, boiled eggs, banana <u>For second and following days:</u> energy bars, apple, biscuits, nuts & raisins combo, canned food		
Water bottle(s) unbreakable, total capacity 1.5L at least		360 DEGREES: Stainless steel bottle 2x750ml or 1000ml CONTIGO: Ashland 2x720ml or 1200ml		
Cutlery		PRIMUS: Leisure Cutlery stainless steel set		
Plate/ bowl , unbreakable		Sea to Summit: Delta Camp Set (includes plastic cutlery and Mug)		

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Item needed	Specific items we recommend	Got it	Packed it
Mug (unbreakable, suitable for warm drink)	Sea to Summit: X-cup		
Wash kit/ personal hygiene items (some items could be shared as a group)	Travel toothbrush, small toothpaste, wet wipes (small pack), pocket tissues, liquid soap 20ml		
Sunblock cream & lipstick	Waterproof/ sweatproof with high sun protector factor		
Towel	Sea to Summit: Tek Towel medium		
Small quantity of money (optional)	€10 maximum		
Notebook and pen/pencil			
Watch (for time keeping)			
Mobile phone	Will be handed to AJ Supervisor and will be given before departure		

GROUP KIT (to carry between the team)

Item needed	Specific items we recommend	Got it	Packed it
Tent (provided by us)	SALEWA: Denali III or IV persons and/or VANGO: Tryfan 300		
Cooking stove & fuel (provided by us)	VANGO: Folding stove (very stable and safe) Gas canister with screw-on valve		
Cooking pots Each team must buy this from us. Team members will share cost (€10 per person)	VANGO: Hard Anodised Adventure Cook Kit		
Detergent for cooking pans & sponge	Just 10ml per day and a small sponge		
Food to cook with team for dinner(s)	Pasta, rice, noodles, vegetables (aubergine, zucchini), sausages etc Pack food in a separate bag per meal		
Box of matches	In a waterproof bag		
Vacuum bottle 0.5-0.75L with warm drink	PRIMUS: Vacuum bottle 0.5L (at least 2 per team during winter)		
Plastic bags for rubbish & recycling			
Duct tape for repairs			
Maps & Route cards (provided by us)			
Compass (provided by us)	Silva: Field DofE Recommended KIT		
Map case	Silva: M30 Carry Dry Map Case		
Camera and/or Video Camera	Necessary for purpose. Phone camera cannot be used because phones will be switched off for emergency		
Mobile phones	Two per team turned off and sealed for storage/ emergency		

ADDITIONAL OPTIONAL KIT (for you to consider)

Item needed	Specific items we recommend	Got it	Packed it
Hydration pack	SALEWA: Transflow 2L (for Silver & Gold when summer)		
Walking poles	LA SPORTIVA: Trango TRK poles		
After-sun cream			
Sunglasses			
Insect repellent	DEET free, compact, lightweight, preferably roll-on (not spray)		
Spare boot laces			

NOT ALLOWED

Item	Why?	Got it	Packed it
Camouflage clothing	Participants cannot be traced easily when lost		
Hunting/ military boots	Heavy, bulky, uncomfortable, insufficient ankle support, cause blisters		
Jeans/ sleeveless tops	Uncomfortable when hiking, cause irritations		
BBQ grills	Dangerous, harmful to the environment		
One use utensil, cutlery, dishes, cups	Harmful to the environment		
Alcoholic drinks, cigarettes	Against Award regulations, illegal for minors, bad for health		
GPS devices	Discourage the spirit of adventure and critical thinking		
Clothing made of cotton	Hydrophilic, absorb moisture and can cause hypothermia		

"There's no such thing as bad weather, only bad clothes." Scandinavian proverb

Respect the environment - Leave no trace - Starting a fire in not designated areas is prohibited by law