



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 the deadline mentioned in the letter you will receive.

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 important for foot hygiene and to avoid blisters		
Baselayer top isothermal, breathable	LA SPORTIVA: Synth Light long sleeve important when cold		
Baselayer leggings (for cold season) isothermal, breathable	LA SPORTIVA: Synth Light pants important when cold		
Underwear (one extra per day)			
2 hiking T-shirts synthetic, breathable	Any synthetic t-shirt for sports		
Fleece jacket warm, synthetic, with full zip	MARMOT: Leconte fleece jacket LA SPORTIVA: Mood hoody		
Hiking long trousers durable, NOT jeans, NOT camo	MARMOT: Arch rock pants or Scree pants (cold season) LA SPORTIVA: hiking pants		
Hiking short pants (for warm season)			
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: Sherpa or Denali 60:70 with anatomic adjustable back and straps to carry a tent DofE Recommended KIT		
Sleeping bag (rated ≤ 2 °C Comfort EN13537)	VP Vango: Nitestar Alpha 250 (rated 2 °C Comfort Temperature EN13537) Weight 1.6kg & pack size 36cmx20cm DofE Recommended KIT		
Sleeping mat With R-value ≥ 3	VP Vango: Dreamer self-inflatable mat, R-Value: 3 DofE Recommended KIT		
Waterproof bags (for s/bag and clothes)	SILVA: Dry bags 70D (1x6L & 1x12L)		
Whistle			
Head lamp	SILVA: Scout series (use new batteries)		
Personal First Aid Kit	Bring 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	CONTIGO: Free flow Tritan 1000ml or Jackson		
Cutlery			
Plate/ bowl , unbreakable	Sea to Summit: Delta Camp Set (includes plastic cutlery and Mug)		

...continued

Item needed	Specific items we recommend	Got it	Packed it
Mug (unbreakable, suitable for warm drink)			
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)	VANGO: Tryfan 300 and/or SALEWA: Denali III or IV persons		
Cooking stove	Included with Cooking Pots		
Cooking pots & fuel Participants must buy these from us	PRIMUS: Essential Stove Set 1.3L gas canister with screw-on valve		
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	Silva: 1 Ranger & 1 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	Only for Silver & Gold when weather is hot		
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