



RICHMOND  
UPON THAMES

# Expedition List of Shame

Some of the most common mistakes with Duke of Edinburgh's Awards expeditions are with rucksack packing. You have been trained in how to pack a rucksack, therefore you should pack it.

Be ruthless with your kit choice. If you don't need it to survive or to pass the award, you don't need it!

Every single one of the items listed below result in unnecessary weight. Heavy rucksacks make the expedition far more challenging than it needs to be. If you can leave things at home, leave them! We are only trying to help make things easier for you!

Some of the items that are taken on expeditions that are not necessary are listed below. If you are found with any of these items they will be taken from you and returned at the end of the expedition.

## **Deodorant, shampoo, shower gel, conditioner, flannel, towel**

Everyone will smell on an expedition. It is entirely natural and something you can do nothing about. There will be no opportunity to use a shower and deodorant will make very little difference! If you get wet from the rain and it is necessary to dry yourself, you can do so by using your clothes. If you really find the need to have a wash, take a few wet wipes (but not a whole packet!)

## **Hair brush, hair gel, hair products**

Everyone looks a mess on their expedition and you will have very little time to do anything about it. If you have long hair, put it in plaits and leave it be till you get back!

## **Washing up liquid, pan scourer, dish cloth, tea towel**

Most campsites offer washing up facilities, if they don't, using hot water and grass you can remove the most stubborn of camping grime! Pots and pans will dry in time - if they don't, it doesn't matter!

## **Hair dryers, hair straighteners, electric razors, phone chargers - anything with an electrical plug!**

There will be no electricity points available to you!

## **Razors, shaving foam, aftershave**

No need for a shave on the expedition - save it for when you get home!

## **Excessive spare clothes**

You need two sets of clothes and no more - one to walk in, one to sleep in. The former may get dirty and wet, the latter will always stay dry and clean.

## **Tins, jars, tin openers, bottle openers**

Tins and jars are too heavy and usually contain hydrated foods. Think dehydrated foods with lightweight packaging. No need for tin openers if you have no tins, and likewise with bottle openers.

## **Excessive water carriers and water**

There will always be opportunity to refill your water bottles on route. Therefore it is recommended that 1L of water is taken on the expedition, with the intent to fill up from taps, public conveniences, shops, public houses, streams etc on route.

## **Flavoured drinks**

Water is all you need. Flavoured drinks will only result in more bottles and/or rubbish to carry.

### **Pot noodles & Crisps**

Pot noodles don't fill you up, they have very low nutritional value, they burst easily (spreading the contents all over your rucksack!), and they take up lots of room. Crisps are the same. Leave them at home!

### **Jeans, denim, cotton clothes**

Jeans and denim restrict movement and hold water. If they get wet on your expedition they will stay wet throughout. Tracksuit bottoms are an ideal replacement. Cotton clothes have the same characteristics as denim and should be avoided wherever possible. Polyester and man-made products are the ideal replacement - something like football shirts and fleece for example.

### **Walkmans, CD players, mp3 players, iPods, personal stereos etc**

The emphasis on an expedition is on being in a group and performing in a team. Listening to music simply means you are isolated from the group. Furthermore these items are often damaged by wet conditions, which you are likely to encounter.

### **Books, magazines, school work**

The emphasis on an expedition is on being in a group and performing in a team. Reading or working (if you're lucky enough to get the opportunity!) simply means you are isolated from the group. Furthermore these items are often damaged by wet conditions, which you are likely to encounter.

### **Sharp knife/pen knife/ swiss army knife**

You will not need a knife for anything – we're not sending you out into the jungle with no food or shelter!

### **Excess packaging**

Most of the food you bring will come in unnecessary packaging. If you remove some of this before you set out you can save having a lot of rubbish on your expedition.

### **Tupperware containers**

You don't need a lunch box – put it all in a bag which is a fraction of the weight. Empty lunchboxes also take up room in your bag which would be better used for something else!

### **Pillows**

Roll up your coat or clothes and use them instead.

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## **Items resulting in an instant fail, participants being sent home, banned from completing their DofE, having a letter sent to parents and possible further action**

It is with regret that participants must be reminded that if they are found in possession of any of alcohol or illegal drugs they will fail their award, be sent home and be banned from completing their DofE with Richmond Upon Thames. Parents will be informed of the exact nature of their dismissal and further action will be taken if it is deemed necessary. Cigarettes may be taken in some circumstances, but consent must be sought from the award leader prior to the expedition.