



THE DUKE OF  
EDINBURGH'S AWARD



## DAY WALKING : PREPARATION

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Taking part in a walk involves a certain amount of preparation and forethought. Whether you are just going along for the experience of the open countryside, participating in navigation, or involved in the planning of the route and the equipment required.

## What do I need for a day walk?

To go on a day walk requires some basic preparation. You need some basic essentials in the form of kit.

## Clothing

Clothing should be layered, enabling you to either add to, or remove as the temperature changes.

A set of waterproof over-trousers and a waterproof coat is essential for most walks.

A pair of walking boots that fit you and that are not going to give you blisters the moment you start to wear them.

Boots should support your ankles and be waterproof. If you've not cleaned and waterproofed your boots recently, now's the time to do it.

The following is a list of some of the clothing/equipment you should bring along on a day walk.

## Items of Clothing

- Layered clothing
- Gaiters (not essential but desirable)
- Gloves
- Hat/Scarf
- Spare socks
- Waterproof walking boots with cleated soles
- Walking trousers (not Jeans)
- Watch
- Waterproof jacket
- Waterproof over-trousers





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## Personal Kit

- Bin liner to sit on
- Bladder or water bottle
- Packed lunch & drink
- Compass ◆
- Route card ◆
- Hand gel
- Head torch/torch ◆
- Map and map case ◆
- Mobile phone (fully charged)
- Money ◆
- OS Map ◆
- Pocket knife ◆
- Rucksack
- Emergency shelter ◆
- Tick remover ◆
- Toilet paper
- Whistle ◆

◆ Provided by Catmose College

◆ Not required on Catmose College Day Walk

These are the items you will need when undertaking a DofE day walk. This is to be used as a GUIDE only.

## Determine your goals and develop a plan

- You're responsible for your own and others safety for - so be prepared for natural hazards, changes in weather and other events. Wild animals, farm animals and horses can behave unpredictably if you get too close, especially if they're with their young - so give them plenty of space.
- Check weather forecasts before you leave. Conditions can change rapidly especially on mountains and along the coast, so don't be afraid to turn back.

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"Doing my DofE  
proved that any  
dream or goal is  
possible, regardless of  
your culture, gender,  
race or religion, as  
long as you put your  
mind to it"

"Although it was  
a really really big  
challenge, my  
DofE was probably  
the best thing I've  
ever done"

"Doing my DofE  
has been the best  
experience of  
my life – I've not  
regretted taking  
up the challenge!"





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