



The Duke of Edinburgh's Award in Bermuda Overseas Adventurous Journey CASC2010 | Recommended Kit List



PERSONAL KIT LIST

- JEANS/SHORTS/LONG TROUSERS (*light weight for tropical climate*)
- SHIRTS/SLACKS/DRESS (*elegantly casual*)
- LONG SLEEVE SHIRT (*light weight for tropical climate*)
- T-SHIRTS (*cotton*)
- SOCKS (*thick for jungle hiking*)
- WATERPROOF ANORAK OR PONCHO
- NATIONAL DRESS for COCKTAIL RECEPTION & CHURCH
- UNDERCLOTHING
- BED LINENS (*beds & mattresses will be provided at Base Camp*)
- RUCKSACK 65-100 L
- INNER LINER FOR RUCKSACK (*or large plastic bag*)
- DAY PACK 25-35 L
- MOSQUITO REPELLENT & NET (*optional*)
- SLEEPING BAG & MAT
- WATER BOTTLE 1 L
- CUP, PLATE, KNIFE, FORK & SPOON (*non-breakable*)
- HIKING BOOTS (*light weight for tropical climate*)
- HAT
- 25 ft NYLON OR CLIMBING ROPE (*1/4 or 1/2 inch*)
- MAP CASE, SILVA-TYPE COMPASS & WHISTLE
- WATER PROOF FLASHLIGHT (*with extra batteries*)
- PERSONAL FIRST AID KIT (*including all personal medications*)
- POCKET KNIFE/LEATHERMAN/MULTI-PURPOSE TOOL
- REPAIR KIT (*needle, thread, button*)
- SPORT SHOES (*running, tennis, basketball*)
- NOTE BOOK, PEN, PENCIL, ETC.
- MATCHES, LIGHTER & CANDLE
- WORKING GLOVES
- TOILET KIT (*soap, toothbrush, toothpaste, comb, towel, shaving kit, etc.*)

Although not required, it is highly recommended that you bring some basic 'medication', such as Dayquil/Nyquil, anti-diuretic, anti-constipation, anti-nausea and a full course of a general anti-biotic (*as prescribed by your physician*).

GROUP EQUIPMENT

- WATERPROOF TENT 2-3 persons
- 2 POTS 1 to 3 person
- CAN OPENER

CASC2010 is being hosted by
The President's Youth Award in the Republic of Guyana
P.Y.A.R.G.

