

Expedition Kit List

These are the items you will need when undertaking a DofE expedition. This is to be used as a GUIDE only. Quantities of some items depend on level and duration of expedition. For details of DofE Recommended Kit, visit www.DofE.org/go/expeditionkit. DofE participants and Leaders can get a great discount off expedition clothing and equipment at Cotswold Outdoor, the Recommended Retailer of Expedition Kit to the DofE. Find out more from www.DofE.org/go/cotswold. Some supermarkets such as Aldi & Lidl do some good deals on camping equipment and other outdoor retailers may be willing to give a discount for DofE participants if you enquire.

CLOTHING

Item	Advice / Recommendation
1 pair walking boots (broken in)	Properly fitted boots with a waterproof liner
2 pairs walking socks	Thinker 'endurance' style socks provide better support for multiday treks, they should also be close fitting and breathable.
2 pairs sock liners (optional)	Bridgedale – Coolmax, Women's Coolmax
2-3 t-shirts (not cotton) (Strappy tops are not suitable)	Craghoppers, Rab, North Face or Sportswear that's made from fabric such as Polyester is ideal
1 thermal t-shirt (optional)	Icebreaker and Smartwool
2 fleece tops or similar	Softshell tops can provide warmth and waterproofing but at more cost
2 walking trousers (NOT jeans) or shorts optional (NOT SHORT SHORTS)	Comfortable and warm and ideally quick drying or have a degree of water repellence, tracksuit bottoms (not sweat pants) can be ideal.
Underwear	
Sports bra (optional)	Shock Absorber – RUN Bra, MAX Bra
Nightwear	Important to have a try set of clothes to change into in the evenings
1 pair of trainers (optional)	Flip flops or sandals are also lightweight and great for wearing around the campsite
1 warm hat (if appropriate)	
1 sunhat (if appropriate)	
1 pair gloves (if appropriate)	
Suncream (if appropriate)	
1 pair gaiters (Advised for Gold)	
1 waterproof over-trouser	Versions with Leg Zips recommended for ventilation and putting on over boots
1 Waterproof	Decent waterproofs will be made from Goretex or Event waterproofs with fleece liners will be warm in summer months

PERSONAL KIT (To carry)

Item	Advice / Recommendation
1 rucksack (approx. 55-65 litre)	Vango – Contour, Sherpa, Pumori, Women specific rucksacks are available, get it fitted in the shop if possible.
1 rucksack liner (or 2 x thick plastic bags)	
1 sleeping mat	Vango – Adventure, Trek, Ultralite, Thermarest.
1 sleeping bag	2 -3 season (3 Season Recommended for Gold)
1 waterproof bag for storing sleeping bag	Exped folding dry bag to replace stuff sack.
1 sleeping bag liner (optional)	Adds some warmth and keeps your sleeping bag cleaner
1 survival bag	Adventure Medical Kits SOL Emergency Bivvy
Small quantity of money (optional)	Call4Five Card for telephone
1 notebook & pen/pencil	Pencil works better in the wet
1 watch	Weather resistant
1 whistle	Some rucksacks have these attached
1 torch (handheld or head torch)	Keep it small and lightweight, Petzl headtorch recommended
Spare batteries & bulb for torch	
Personal first aid kit	Lifesystems Trek First Aid Kit
Emergency food rations	Mixed nuts, Dried Fruits, Granola Barn, Sweets
1 water bottle (1-2 Litres)	CamelBak or Platypus Water Bladder recommended for Silver & Gold Awards
1 knife, fork, spoon	Metal Spork
1 small pocket knife/pocket tool	
1 plate/bowl	A large area plastic bowl can double up as a plate
1 mug	
1 box of matches (in waterproof container)	Jet lighter very good in wind and rain
1 wash kit	It's worth saving an almost-used bar of soap (in a polybag rather than a soap box) along with an almost-used tube of toothpaste
1 towel	Micro Fibre Trek Towels pack down small and dry quickly
1 Compass	Silva Expedition 4 recommended

GROUP KIT (To be carried between team)

Item	Advice / Recommendation
Tent(s)	Available from school 2 – 3 Man Three Season Recommended (Vango, Gelert, Vaude, etc)
Camping stove(s)	Trangias available from school
Camping stove fuel container (plus fuel)	Trangia Fuel Bottle 0.5L, 1.0L available from school (meths not supplied)
Cooking pans	Included with Trangia stoves
Scourers & Washing Up Liquid	
Maps (1:25 000)	Provided for Bronze / Silver (1:25 000 recommended for walking)
Map cases	Ortlieb Map Case – Outdoor Designs Meridian
Camera (optional)	Waterproof or disposable
Toilet paper	
Tea towels	
Food (lightweight)	
Plastic bags (for rubbish etc.)	
High visibility vest/jackets (minimum of 2 per group)	High visibility mesh vest is better for breathability
Group First Aid Kit (optional)	Means you only have to carry triangular bandage, some sterile dressings, a phial of sterile saline solution for cleaning wounds in your personal first aid kit.

ADDITIONAL OPTIONAL KIT

Item	Advice / Recommendation
Storm shelter (Instead of survival bag)	Vango – Storm Shelter (Great for having lunch under in the rain)
Rucksack protector	Useful if travelling abroad
Secure money pouch	
Stuff Sacks	
Water-purifying tablets	(Recommended for Gold)
Duck Tape or Tenacious Tape	Great for temporarily repairing rips in tents clothing etc.
Stove accessory	Trangia – Multidisc 25 series, Multidisc 27 series
Pillow (optional)	A rolled up fleece or clothing stuffed into a bag work well