



EXPEDITION KIT LIST

updated **3 September 2019**
(replaces all previous versions)



About the kit list

This list is a GUIDE to the items you may need when undertaking a DofE expedition. There is no obligation to buy the specific items we recommend. However, the DofE charity receives a royalty from DofE Recommended Kit items which helps to support our work with young people.

Get expert kit advice

See the free DofE Expedition Kit Guide, full of essential advice and money saving tips.

Visit DofE.org/shopping/kitadvice

All of our Recommended Kit has been tried and tested to be good value for money and fit for purpose. Variations of kit allows for differences in level and duration of expeditions.

DofE Card and Vouchers

Save at least 10%, and often more, on your expedition kit at our five DofE Recommended Retailers.

Always use your DofE Card or Voucher at GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso – in store and online:

Participants and parents – save at least 10%.

DofE Leaders and adult volunteers – save at least 15%*.

Visit DofE.org/shopping/card for full details.

If you have not received your DofE Card, download your voucher from eDofE.

CLOTHING

Got it	Packed it	Item needed	Specific tested items we recommend
		1 pair of walking boots (broken in)	Vango: Velan, Grivola, Cervino boots
		2 pairs of walking socks	Bridgedale: HIKE range Men's and Women's: Midweight, Lightweight and Ultralight Merino Performance, Midweight and Lightweight Merino Comfort, Lightweight and Ultralight Coolmax Performance, Junior Merino Performance and Merino Comfort.
		2 pairs of sock liners (optional)	Bridgedale: LINERS Base Layer Coolmax Liner
		Jacket/coat (waterproof and windproof)	Craghoppers: Horizon, Apex Waterproof Jackets
		Waterproof over-trousers	Craghoppers: Ascent Overtrousers
		2 fleece tops or similar	Craghoppers: Strata, Vector Hooded Jackets and Half Zip Tops
		2-3 t-shirts (thermal optional)	Craghoppers: Fusion T-shirt
		2 walking trousers (warm, NOT jeans)	Craghoppers: Traverse Trousers
		1 pair shorts (if appropriate)	
		Underwear	
		Nightwear	
		Flipflops/sandals (optional for camp site use)	
		Warm hat and/or sunhat (as appropriate)	
		1 pair gloves (if appropriate)	
		1 pair gaiters (optional)	

PERSONAL KIT

Got it	Packed it	Item needed	Specific tested items we recommend
		Rucksack	Vango: Contour, Sherpa, Pinnacle rucksacks
		Rucksack liner (or 2 strong plastic bags)	Lifeventure: Ultralight Dry Bags (2/5/10/15/25/35/55/75L) and Compression Sacks (5/10/15L)
		Sleeping bag	Vango: Nitestar, Latitude, Venom, Ultralite Pro sleeping bags
		Sleeping mat	Vango: Single Trek, Dreamer mats
		Waterproof bag	Lifeventure: Ultralight Dry Bags
		Sleeping bag liner (optional)	Lifeventure: Cotton sleeping bag liners

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* This discretionary discount is not to be used in conjunction with any other offers or discounts. Please visit DofE.org/shopping/card for full terms and conditions.

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Got it	Packed it	Item needed	Specific tested items we recommend
		Whistle	Lifesystems: Safety, Echo, Hurricane whistles.
		Torch (handheld or head torch and spare batteries)	Lifesystems: Intensity 230, Intensity 155 head torches
		Personal first aid kit	Lifesystems: Camping, Trek, Blister, Waterproof first aid kits Visit DofE.org/shopping/safety for info
		Expedition food (including emergency rations)	Wayfayrer expedition food packs. Get advice at DofE.org/shopping/food
		Water bottle	Lifeventure: Tritan Flask (1000ml), Tritan Bottle (650ml)
		Cutlery	Lifeventure: Basic, Ellipse, Titanium knife, fork and spoon sets
		Plate/bowl	Lifeventure: Stainless steel camping bowl, camping plate, Titanium plate, Ellipse plate, Ellipse bowl, Ellipse FlexiBowl
		Mug	Lifeventure: Stainless steel, Titanium, Ellipse mugs
		Box of matches (in waterproof container)	Lifesystems: Windproof matches
		Wash kit/personal hygiene items (some items could be shared as a group)	Lifeventure: Wash bag (small), All-purpose soap, Dry wash gel
		Sunblock	Lifesystems: Lifesystems: Mountain Formula SPF50+, Mountain Combi Stick SPF50+
		Towel	Lifeventure: Soft Fibre Lite towel (large, x-large, giant)
		Small quantity of money (optional)	
		Notebook and pen/pencil	
		Watch	

GROUP KIT (to carry between the team)

Got it	Packed it	Item needed	Specific tested items we recommend
		Tent(s)	Vango Trek Pro range: Banshee, Pulsar, Halo, Omega, Tempest, Mirage tents Vango Experience range: Nova, Scaffell, Helvellyn, Nevis tents
		Camping stove(s)	Trangia: 25 and 27 series, Gas burner, Liquid fuel burner. Vango: Folding gas stoves.
		Camping stove fuel in an appropriate and safe container	Trangia: Fuel bottle 0.3L/0.5L/1.0L
		Cooking pans	Included with Trangia stoves
		Scourers	
		Tin opener (if required)	
		Tea towels	
		Food (lightweight and including snacks)	Get advice at DofE.org/shopping/food
		Plastic bags (for rubbish etc.)	
		Toilet paper and trowel	
		Maps (1:25 000/1:50 000)	Ordnance Survey: Explorer, Landranger map (standard or weatherproof).
		Compass	Silva: Classic, Field, Ranger, Expedition 4 compass
		Map cases	Silva M30 Carry Dry Map Case
		Camera (optional)	
		Tick remover (location-dependent – ask your Supervisor)	
		Survival bag	Lifesystems: Heatshield, Survival, Thermal bags, Thermal blanket

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ADDITIONAL OPTIONAL KIT for you to consider

These are items that might not be necessary on every expedition but which can be very useful/essential in certain situations.

Got it	Packed it	Item needed	Specific tested items we recommend
		Head/Neck Scarf	Buff – The Original Multifunctional Headwear
		Hydration pack	Vango: 2L Hydration pack
		Storm shelter	Vango: Storm shelter
		Stove multidisc (lid/cutting board)	Trangia: Multidisc 25 series, Multidisc 27 series
		Pre-packed expedition food	Wayfayrer expedition food packs. Get advice at DofE.org/shopping/food
		Small pocket tool	
		After-sun cream	
		Sunglasses	
		Insect repellent	Lifesystems: Expedition 50+ insect repellent
		Stopwatch	
		Waterproofing (pre-expedition)	Nikwax: Tech Wash Cleaner, TX.Direct, Wash-in Reproofer Footwear Cleaning Gel, Fabric and Leather Proof, Nubuck and Suede Proof, Tent and Gear Solarproof.
		String	
		Spare boot laces	
		Ball, playing cards etc.	
		Mosquito net	Lifesystems: MicroNet Single Mosquito Net
		Emergency lightsticks	Lifesystems: 15h Light sticks
		Water purifying tablets	Lifesystems: Chlorine Dioxide tablets

Expert kit advice

For more information and expert advice about expedition kit, hints, tips and money saving ideas, visit [DofE.org/shopping/expedition-kit](https://www.dofe.org/shopping/expedition-kit).

You can get free in-store expert boot and rucksack fitting at GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso.

Can't find what you're looking for? Order online using your DofE Card or Voucher at [GOOutdoors.co.uk](https://www.goutdoors.co.uk) | [Blacks.co.uk](https://www.blacks.co.uk) | [Millets.co.uk](https://www.millets.co.uk) | [Ultimateoutdoors.com](https://www.ultimateoutdoors.com) | [Tiso.com](https://www.tiso.com) to get your discount.

Remember, equipment should be checked by your Expedition Supervisor for its suitability before the start of the expedition.

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