

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 depends 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 (Leaders = 20%, participants = 15%) 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 All of our Recommended Kit has been tested by DofE expedition teams. The DofE Charity receives a royalty from all sales, which helps to support our work with young people.



CLOTHING

Got it	Packed it	Item needed	Specific items we recommend
		1 pair walking boots (broken in)	
		2 pairs walking socks	Bridgedale Woolfusion Trekker, Bridgedale Women's Woolfusion Trekker, Bridgedale Woolfusion Trail
		2 pairs sock liners (optional)	Bridgedale Coolmax Liner, Bridgedale Women's Coolmax Liner
		2-3 t-shirts	Craghoppers – Base Tee
		Thermal t-shirt (optional)	Craghoppers – Base Tee
		2 fleece tops or similar	Craghoppers – Mission half-zip micro fleece, Mission Fleece jacket
		2 walking trousers (warm, NOT jeans)	Craghoppers – Terrain Trousers, Ventura Trousers
		Underwear	
		Nightwear	
		1 pair of trainers (optional)	
		Warm hat &/or sunhat (if appropriate)	
		1 pair gloves (if appropriate)	
		1 pair shorts (if appropriate)	
		Suncream (if appropriate)	Lifesystems - Mountain Formula SPF25, Mountain Formula SPF50, Mountain Combi Stick SPF50
		1 pair gaiters (optional)	
		Waterproof over-trousers	Craghoppers – Pakka Plus Overtrousers
		Cagoule/coat (waterproof & windproof)	Craghoppers – Terrain Lite Shell, Pakka Plus Jacket

PERSONAL KIT

Got it	Packed it	Item needed	Specific items we recommend
		Rucksack	Vango – Contour, Sherpa, Pumori
		Rucksack liner (or 2 x plastic bags)	Lifeventure – Dri-store Bags (2, 5, 10, 15, 25, 40, 70 litres)
		Sleeping mat	Vango – Adventure, Trek, Ultralite
		Sleeping bag	Vango – Nitestar, Ultralite, Supernova
		Waterproof bag for storing sleeping bag	Lifeventure – Dri-store Bags (2, 5, 10, 15, 25, 40, 70 litres)
		Sleeping bag liner (optional)	Lifeventure – Expedition Cotton Rectangle Sleeper, Expedition Cotton Mummy Sleeper
		Survival bag	Lifesystems – Thermal Bag, Thermal Blanket, Survival Bag, Blizzard Bag
		Small quantity of money (optional)	
		Notebook & pen/pencil	
		Watch	
		Whistle	Lifesystems – Survival Whistle, Safety Whistle
		Torch (handheld or head torch)	Lifesystems – Intensity 60 Torch, Intensity 220 Torch,
		Spare batteries & bulb for torch	
		Personal first aid kit	Lifesystems – Camping first aid kit, Trek first aid kit, Burns first aid kit

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Got it	Packed it	Item needed	Specific items we recommend
		Emergency food rations	
		Water bottle (1-2 Litres)	Lifeventure – Stainless Steel Bottle (600ml, 800ml), Tritan Flask (500ml, 1000ml)
		Knife, fork, spoon	Lifeventure – Basic Knife Fork & Spoon Set, Folding Knife Fork & Spoon Set
		Small pocket knife/pocket tool	Victorinox – Pocket Tool
		Plate/bowl	Lifeventure – Camping Bowl, Camping Plate, Titanium Plate, Lexan Camping Set
		Mug	Lifeventure – Camping Mug, Titanium Mug
		Box of matches (in waterproof container)	Lifesystems – Windproof Matches
		Wash kit	Lifeventure – Wash Bag (Small), All Purpose Soap, Dry Wash Gel
		Towel	Lifeventure – Expedition Trek Towel (Small, Medium, Large)

GROUP KIT (to carry between the team)

Got it	Packed it	Item needed	Specific items we recommend
		Tent(s)	Vango – Hurricane, Typhoon, Spectre, Apex, Chinook, Banshee, Equinox, Tempest, Cyclone, Halo, Omega, Spirit
		Camping stove(s)	Trangia – 25-1UL, 25-5UL, 25-1GB/UL, 25-2GB/UL, 25-5GB/UL, 27-1UL, 27-5UL, 27-1GB/UL, 27-5GB/UL
		Camping stove fuel in an appropriate & safe container	Trangia – Fuel Bottle 0.5L, 1.0L
		Cooking pans	Included with Trangia stoves
		Scourers	
		Maps (1:50 000/1:25 000)	
		Compass(es)	
		Map cases	
		Camera (optional)	
		Toilet paper	
		Tea towels	
		Food (lightweight)	
		Plastic bags (for rubbish etc.)	

ADDITIONAL OPTIONAL KIT for you to consider

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

Got it	Packed it	Item needed	Specific items we recommend
		Storm shelter	Vango – Storm Shelter.
		Stove accessory	Trangia – Multidisc 25 series, Multidisc 27 series
		Insect Repellent	Lifesystems – Expedition 50+ Insect Repellent, Natural 40+ Insect Repellent
		Mosquito Net	Lifesystems – Micronet Mosquito Nets
		Emergency Lightsticks	Lifesystems – 12h Light Stick
		Water Purifying Tablets	Lifesystems – Chlorine Dioxide Tablets
		Travel Plug	Lifesystems – Travel Adaptor
		Waterproof Bags	Lifeventure – Aloksak Multipack
		Security Pouch	Lifeventure – Body Wallet (Waist, Chest)
		Waterproofing (pre-expedition)	Nikwax: Tech Wash 100ml Pouch, TX.Direct Wash-In 100ml Pouch, Footwear Cleaning Gel 125ml, Fabric & Leather Proof 125ml sponge on or spray on, Nubuck & Suede Proof 125ml sponge on or spray on, Tent & Gear Solarproof 300ml, Tech Wash 300ml bottle, TX.Direct Wash-In 300ml bottle.
		Pre-packed expedition food	Vestey Foods (www.DofE.org/go/vestey) single pouches & 12 hour packs
		Menu guidance	DofE Outdoor Eating App (iPhone only currently). Search: Outdoor Eating (www.DofE.org/go/outdooreating)