

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.



For more information about expedition kit, please refer to the DoE *Expedition Guide*, available from www.DofEshop.org and the expedition training system, EX² (see www.DofE.org/go/ex2)

CLOTHING

| Got it | Packed it | Item needed | Specific items we recommend |
|--------|-----------|--|---|
| | | 1 pair walking boots (broken in) | Brasher Fellmaster boot, very suitable for Silver/Gold expeditions |
| | | 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 | |
| | | Flipflops/trainers/sandals etc (optional for evenings) | |
| | | Warm hat &/or sunhat (as appropriate) | |
| | | 1 pair gloves (if appropriate) | |
| | | 1 pair shorts (if appropriate) | |
| | | Sunblock (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 strong 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, Latitude, Venom |
| | | 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 | |

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| Got it | Packed it | Item needed | Specific items we recommend |
|--------|-----------|---|---|
| | | 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 (see below) | Lifesystems – Camping first aid kit, Trek first aid kit, Burns first aid kit |
| | | 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/personal hygiene items (some items could be shared as a group) | Lifeventure – Wash Bag (Small), All Purpose Soap, Dry Wash Gel |
| | | Towel | Lifeventure – Expedition Trek Towel (Small, Medium, Large) |

PERSONAL FIRST AID KIT

A personal first aid kit should include the following:

| Got it | Packed it | Item needed |
|--------|-----------|---|
| | | At least 2 pairs of disposable vinyl (latex-free) disposable gloves |
| | | A large individually-wrapped sterile unmedicated wound dressing |
| | | An individually wrapped sterile unmedicated wound dressing |
| | | An assortment of individually wrapped sterile unmedicated adhesive dressings (e.g. Melolin squares) |
| | | An individually wrapped triangular bandage |
| | | 2-3 individually wrapped antiseptic wipes |
| | | Crêpe bandage |
| | | Large safety pins |
| | | Small pair of safety/medical scissors |
| | | A pair of tweezers |
| | | Assorted adhesive plasters (e.g. zinc oxide, fabric strip, waterproof) |
| | | Microporous (medical) adhesive tape |
| | | Blister plasters |
| | | Chiropody felt |
| | | Burns wound dressing |
| | | Eye wash (can also act as a wound wash) |

Participants should make the Expedition Supervisor, Assessor, other staff and team members aware of any relevant medical condition that may impact on their (or others') safety. Participants should also make people aware if they are allergic to anything, including antibiotics or any other medicine or drug.

In discussion with their Expedition Supervisor, participants might also include in their personal first aid kit appropriate personal medication, painkillers, antiseptic cream, antihistamine/bite cream and rehydration tablets/sachets.

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, Mirage, Banshee, Equinox, Tempest, Cyclone, Halo, Omega, Spirit |
| | | Camping stove(s) | Trangia – 25-1UL, 25-5UL, 25-1GB/UL, 25-2GB/UL, 27-1UL, 25-5GB/UL, 27-5UL, 27-1GB/UL, 27-5GB/UL, Trangia Gas Burner Vango Folding Gas Stove: Compact, lightweight gas stove good for Silver and Gold teams |
| | | Camping stove fuel in an appropriate & safe container | Trangia – Fuel Bottle 0.5L, 1.0L |
| | | Cooking pans | Included with Trangia stoves |
| | | Scourers | |
| | | Tea towels | |
| | | Food (lightweight & including snacks) | |
| | | Plastic bags (for rubbish etc.) | |
| | | Toilet paper | |
| | | Maps (1:50 000/1:25 000) | OS custom made - OS Explorer Map or OS Landranger Maps centred on your expedition. See www.DofE.org/go/os |
| | | Compass(es) | |
| | | Map cases | |
| | | Camera (optional) | |

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 items we recommend |
|--------|-----------|---------------------------------|--|
| | | Storm shelter | Vango – Storm Shelter. |
| | | Stove multidisc | Trangia – Multidisc 25 series, Multidisc 27 series |
| | | After-sun cream | |
| | | Insect repellent | Lifesystems – Expedition 50+ Insect Repellent, Natural 40+ Insect Repellent |
| | | Stopwatch | |
| | | 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 500ml, 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 |
| | | String | |
| | | Spare boot laces | |
| | | Tin opener | |
| | | Sunglasses | |
| | | Ball, playing cards etc. | |
| | | Menu guidance | DofE Outdoor Eating App (iPhone only currently). Search: Outdoor Eating (www.DofE.org/go/outdooreating) |
| | | Hydration pack | Vango 2L Hydration pack |
| | | Trowel | |