



EXPEDITION

Expedition Kit List

These are the items you will need when undertaking a DofE Expedition for any Level of Award. This is to be used as a GUIDE only. Quantities of some items depends on level and duration of expedition. Click on the links below for details of DofE Recommended Kit, or visit www.dofe.org/expedition DofE participants and Leaders can get a great discount off expedition equipment at Cotswold Outdoor, the Recommended Retailer of Expedition Kit to the DofE. Find out more from www.DofE.org/go/cotswold



TO WEAR WALKING

- 1 x **Pair Walking Boots** (broken in)
- 1 x **Pair Walking Socks** e.g. Bridgedale - Endurance Trekker, Women's Endurance Trekker or a similar item.
- 2 x **Pair Sock Liners** (optional) e.g. Bridgedale - Coolmax, Women's Coolmax or a similar item.
- 1 x **Thermal top or T-shirt**
- 1 x **Shirt**
- 1 x **Sweater** (woollen or fleece)
- 1 x **Walking Trousers** (warm, NOT jeans)
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PERSONAL KIT (TO CARRY)

- 1 x **Large Rucksack** (approximately 55-65 litre capacity) e.g. Vango - Contour, Fitzroy, Sherpa or a similar item.
- 1 x **Rucksack Liner** (or 2 x plastic bags) e.g. Sea to Summit - Ultra Sil Pack Liner, Ultra Sil Dry Sack or a similar item.
- 1 x **Sleeping Mat** e.g. Vango - Adventure, Premium, Trek, Ultralite or a similar item.
- 1 x **Sleeping Bag** e.g. Vango - Nitestar, Summit, Ultralite or a similar item.
- 1 x **Waterproof Bag** for storing your Sleeping Bag e.g. Sea to Summit - Ultra Sil Dry Sack or a similar item.
- 1 x **Sleeping Bag Liner** (optional) e.g. Sea to Summit - Premium Silk Liner, 100% Cotton Liner or a similar item.
- 1 x **Survival Bag** e.g. Adventure Medical Kits - Emergency Bivvy or a similar item.
- **Small quantity of money** (optional)
- 1 x **Notebook & pen/pencil**
- 1 x **Torch** e.g. hand-held torches from Maglite - LED 3xAA Maglite, Incandescent 2xAA Maglite, Holster Incandescent 2xAA Combo Pack Maglite or a similar item. Alternatively, a Head Torch if preferred.
- 1 x **Personal First Aid Kit**
- 1 x **Watch**
- 1 x **Whistle**
- **Maps**
- **Spare Batteries for Torch**
- 1 x **Emergency Food Rations** (NOT to be eaten until the end!)
- 1 x **Water Bottle** (1 - 2 Litres) e.g. Sigg Traveller Bottle (1.0 lt.
- 1 x **Knife, Fork, Spoon**
- 1 x **Small pocket knife/pocket tool** e.g. DofE Pocket Tool by Victorinox.
- 1 x **Plate/Bowl**
- 1 x **Mug**
- 1 x **Box of Matches** (sealed in a dry container or bag)
- 1 x **Small Wash Kit**
- 1 x **Small Towel** e.g. Sea to Summit - Dry Lite Travel Towel or a similar item.
- 1 x **Cagoule/Coat** (must be waterproof and windproof)
- 3 x **Pairs Underwear**

- 2 x **T-shirts**
- 1 x **pair Walking Socks** e.g. Bridgedale - Endurance Trekker, Women's Endurance Trekker or a similar item.
- 2 x **pair Sock Liners** (optional) e.g. Bridgedale - Coolmax, Women's Coolmax or a similar item.
- 1 x **Shirt** (woollen, cotton or fleece)
- 1 x **Spare Sweater** (woollen or fleece)
- 1 x **Spare Walking Trousers** (warm, NOT jeans)
- 1 x **Pair of Trainers** (optional)
- 1 x **Hat** (warm)
- 1 x **Pair Gloves** (woollen)
- 1 x **Pair Shorts** (if appropriate)
- 1 x **Sunhat**
- **Suncream** (if appropriate)
- 1 x **Thermal Long Johns** (optional)
- 1 x **Pair Gaiters** (optional)
- 1 x **Waterproof Over-trousers**

GROUP KIT (to carry between the team)

- 1-2 x **Tents** e.g. Vango - Hurricane, Ultralite, Typhoon, Spectre, Banshee, Equinox, Tempest, Tornado or a similar item.
- 2-3 x **Camping Stoves**
- **Camping Stove Fuel**
- 2-3 x **Cooking Pots**
- 2 x **Scourers**
- **Maps** (1:50 000 / 1:25 000)
- 1 x **Compass** e.g. Recta - Starter, Romer, Elite or similar item.
- **Map Cases** e.g. Sea to Summit - Waterproof Map Cases or a similar item.
- 1 x **Camera** (optional)
- 2 x **Tea Towels**
- **Food** (small and lightweight)
- 5 x **Plastic Bags** (for rubbish etc.)

ADDITIONAL OPTIONAL KIT (for you to consider)

- **Storm Shelter** e.g. Vango - Storm Shelter or similar item.
- **Waterproofing For Kit** e.g. Granger's - G-Wax Tin, G-Max Proofer with Conditioner, G-Max Cleaner, 30 Degree C Cleaner, 30 Degree C Proofer, 30 Degree C 2 in 1 Cleaner/Proofer, 30 Degree C Down Cleaner or similar items.
- **Rucksack Protector** e.g. Pacsafe - Pacsafe 85 or similar item.
- **Secure Money Pouch** e.g. Pacsafe - Pouchsafe 100 or similar item.
- **Survival Pack** e.g. Adventure Medical Kits - Pocket Survival Pack or similar item.
- **Stuff Sack** e.g. Sea to Summit - Ultra Light Stuff Sack or similar item.
- **Food Box** e.g. Sigg - Aluminium Food Box or similar item.