



# EXPEDITION

## 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](http://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](http://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)	Craghoppers – Tromp Walking Boot, Yomp Trail Shoe
		2 pairs walking socks	Bridgedale – Endurance Trekker, Women's Endurance Trekker
		2 pairs sock liners (optional)	Bridgedale – Coolmax, Women's Coolmax
		2-3 t-shirts	Craghoppers – Base T
		1 thermal t-shirt (optional)	Craghoppers – Base T
		2 fleece tops or similar	Craghoppers – Vector Soft Shell Zip-Neck, Vicona Soft Shell Zip-Neck, Vector Soft Shell Jacket, Vicona Soft Shell Jacket
		2 walking trousers (warm, NOT jeans)	Craghoppers – Venturer Trousers, Ventura Trousers
		Underwear	
		Sports bra (optional)	Shock Absorber – RUN Bra, MAX Bra
		Nightwear	
		1 pair of trainers (optional)	
		1 warm hat (if appropriate)	
		1 sunhat (if appropriate)	
		1 pair gloves (if appropriate)	
		1 pair shorts (if appropriate)	
		Suncream (if appropriate)	
		1 pair gaiters (optional)	
		1 waterproof over-trousers	Craghoppers – Pakka Plus Overtrousers
		1 cagoule/coat (waterproof & windproof)	Craghoppers – Venture Shell, Pakka Plus Jacket

### PERSONAL KIT

Got it	Packed it	Item needed	Specific items we recommend
		1 rucksack (approx. 55-65 litre)	Vango – Contour, Sherpa, Pumori
		1 rucksack liner (or 2 x plastic bags)	Sea to Summit – Ultra Sil Pack Liner, Ultra Sil Dry Sack
		1 sleeping mat	Vango – Adventure, Trek, Ultralite
		1 sleeping bag	Vango – Nitestar, Ultralite, Supernova
		1 waterproof bag for storing sleeping bag	Sea to Summit – Ultra Sil Dry Sack
		1 sleeping bag liner (optional)	Sea to Summit – Premium Silk Liner, 100% Cotton Liner
		1 survival bag	Adventure Medical Kits – Emergency Bivvy, Emergency Blanket
		Small quantity of money (optional)	Call4Five Card for telephone

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Got it	Packed it	Item needed	Specific items we recommend
		1 notebook & pen/pencil	
		1 watch	
		1 whistle	
		1 torch (handheld or head torch)	Maglite – LED 3xAA Maglite, Incandescent 2xAA Maglite, Holster Incandescent, 2xAA Combo Pack Maglite
		Spare batteries & bulb for torch	
		Personal first aid kit	
		Emergency food rations	
		1 water bottle (1-2 Litres)	Sigg Traveller Bottle 1.0L
		1 knife, fork, spoon	
		1 small pocket knife/pocket tool	DofE Pocket Tool by Victorinox
		1 plate/bowl	
		1 mug	
		1 box of matches (in waterproof container)	
		1 wash kit	
		1 towel	Sea to Summit – Dry Lite Travel Towel

### 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)	Recta – Starter, Romer, Elite
		Map cases	Sea to Summit – Waterproof Map Cases
		Camera (optional)	
		Toilet paper	
		Tea towels	
		Food (lightweight)	
		Plastic bags (for rubbish etc.)	

### ADDITIONAL OPTIONAL KIT for you to consider

Got it	Packed it	Item needed	Specific items we recommend
		Storm shelter	Vango – Storm Shelter.
		Waterproofing for kit	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
		Rucksack protector	Pacsafe – Pacsafe 85
		Secure money pouch	Pacsafe – Pouchsafe 100
		Survival pack	Adventure Medical Kits – Pocket Survival Pack
		Stuff sack	Sea to Summit – Ultra Light Stuff Sack
		Stove accessory	Trangia – Multidisc 25 series, Multidisc 27 series