



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. 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 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