

## 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 (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](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.



For more information about expedition kit, please refer to the DoE *Expedition Guide*, available from [www.DofEshop.org](http://www.DofEshop.org) and the expedition training system, EX<sup>2</sup> (see [www.DofE.org/go/ex2](http://www.DofE.org/go/ex2))

### CLOTHING

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

### PERSONAL KIT

Got it	Packed it	Item needed	Specific items we recommend
		<b>Rucksack</b>	Vango – Contour, Sherpa, Pumori
		<b>Rucksack liner</b> (or 2 strong plastic bags)	Lifeventure – Dri-store Bags (2, 5, 10, 15, 25, 40, 70 litres)
		<b>Sleeping mat</b>	Vango – Adventure, Trek, Ultralite
		<b>Sleeping bag</b>	Vango – Nitestar, Ultralite, Supernova, Latitude
		<b>Waterproof bag</b> for storing sleeping bag	Lifeventure – Dri-store Bags (2, 5, 10, 15, 25, 40, 70 litres)
		<b>Sleeping bag liner</b> (optional)	Lifeventure – Expedition Cotton Rectangle Sleeper, Expedition Cotton Mummy Sleeper
		<b>Survival bag</b>	Lifesystems – Thermal Bag, Thermal Blanket, Survival Bag, Blizzard Bag
		<b>Small quantity of money</b> (optional)	
		<b>Notebook &amp; pen/pencil</b>	

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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 <a href="http://www.DofE.org/go/os">www.DofE.org/go/os</a>
		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 ( <a href="http://www.DofE.org/go/vestey">www.DofE.org/go/vestey</a> ) 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 ( <a href="http://www.DofE.org/go/outdooreating">www.DofE.org/go/outdooreating</a> )