

## About the kit list

This list is an illustration of the items you may need when undertaking a DofE expedition. This list is to be used as a GUIDE only and there is no obligation to buy the specific items we recommend. The DofE charity receives a royalty from all sales of DofE Recommended Kit items from any shop, which helps to support our work with young people.

## Get expert kit advice

See the free DofE Expedition Kit Guide, full of essential advice

and money saving tips.

Visit [DofE.org/shopping/kitadvice](http://DofE.org/shopping/kitadvice)

All of our Recommended Kit has been tested by DofE staff or expedition teams to be good value for money and fit for purpose. Variations of kit items are to allow for differences in level and duration of expeditions.

## DofE Vouchers and the DofE Card

Save at least 10%, often up to 40%, on your expedition kit at GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso.

Our five DofE Recommended Retailers of Expedition Kit all offer a DofE discount in store and online.

### Participants and parents

– save at least 10%.

### DofE Leaders and adult volunteers

– save at least 15%\*.

Visit [DofE.org/shopping/card](http://DofE.org/shopping/card) for full details.

If you have not received your DofE Card, download your voucher from eDofE.

## CLOTHING

Got it	Packed it	Item needed	Specific tested items we recommend
		<b>1 pair of walking boots (broken in)</b>	Vango: Velan, Grivola and Cervino boots
		<b>2 pairs of walking socks</b>	Bridgedale: HIKE Midweight Merino Performance - men's & women's, HIKE Lightweight Merino Performance - men's & women's
		<b>2 pairs of sock liners (optional)</b>	Bridgedale: LINERS Base Layer Coolmax Liner - men's & women's
		<b>2-3 t-shirts</b>	Craghoppers: Fusion T-shirt
		<b>Thermal t-shirt (optional)</b>	
		<b>2 fleece tops or similar</b>	Craghoppers: Strata and Vector Hooded Jackets & Half Zip Tops
		<b>2 walking trousers (warm, NOT jeans)</b>	Craghoppers: Traverse Trousers
		<b>Underwear</b>	
		<b>Nightwear</b>	
		<b>Flipflops/trainers/sandals etc (optional for camp site use)</b>	
		<b>Warm hat &amp;/or sunhat (as appropriate)</b>	
		<b>1 pair gloves (if appropriate)</b>	
		<b>1 pair shorts (if appropriate)</b>	
		<b>Waterproof over-trousers</b>	Craghoppers: Ascent Overtrousers
		<b>Jacket/coat (waterproof &amp; windproof)</b>	Craghoppers: Waterproof Horizon and Apex Jackets
		<b>1 pair gaiters (optional)</b>	

## PERSONAL KIT

Got it	Packed it	Item needed	Specific tested items we recommend
		<b>Rucksack</b>	Vango: Contour, Sherpa, Pinnacle rucksacks
		<b>Rucksack liner (or 2 strong plastic bags)</b>	Lifeventure: Dry Bags (2/5/10/15/25/35/55/75 litres) and Compression Sacks (5/10/15L)
		<b>Sleeping bag</b>	Vango: Nitestar, Latitude, Venom and Ultralite Pro sleeping bags
		<b>Sleeping mat</b>	Vango: Single Trek mats
		<b>Waterproof bag</b>	Lifeventure: Dry Bags
		<b>Sleeping bag liner (optional)</b>	Lifeventure: Cotton sleeping bag liners

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Got it	Packed it	Item needed	Specific tested items we recommend
		<b>Whistle</b>	Lifesystems: Safety whistle, Echo whistle, Hurricane whistle.
		<b>Torch</b> (handheld or head torch and spare batteries)	Lifesystems: Intensity 230 head torch, Intensity 155 head torch
		<b>Personal first aid kit</b>	Lifesystems: Camping first aid kit, Trek first aid kit, Blister first aid kit, Waterproof first aid kit. Visit <a href="http://DofE.org/shopping/safety">DofE.org/shopping/safety</a> for info
		<b>Expedition food</b> (including emergency rations)	Wayfayrer expedition food packs. Get advice at <a href="http://DofE.org/shopping/food">DofE.org/shopping/food</a>
		<b>Water bottle</b>	Lifeventure: Tritan Flask (1000ml), Tritan Bottle (650ml)
		<b>Cutlery</b>	Lifeventure: Basic knife, fork and spoon set; Ellipse knife, fork and spoon set; Titanium knife, fork and spoon set
		<b>Plate/bowl</b>	Lifeventure: Stainless steel camping bowl, camping plate, Titanium plate, Ellipse plate, Ellipse bowl, Ellipse Flexi bowl
		<b>Mug</b>	Lifeventure: Stainless steel camping mug, Titanium mug, Ellipse mug
		<b>Box of matches</b> (in waterproof container)	Lifesystems: Windproof matches
		<b>Wash kit/personal hygiene items</b> (some items could be shared as a group)	Lifeventure: Wash bag (small), All-purpose soap, Dry wash gel
		<b>Sunblock</b> (if appropriate)	Lifesystems: Mountain Formula SPF50, Mountain Combi Stick SPF50
		<b>Towel</b>	Lifeventure: Soft Fibre Lite towel (large 120g, x-large 146g, giant 203g)
		<b>Small quantity of money</b> (optional)	
		<b>Notebook and pen/pencil</b>	
		<b>Watch</b>	

**GROUP KIT** (to carry between the team)

Got it	Packed it	Item needed	Specific tested items we recommend
		<b>Tent(s)</b>	<b>Vango Trek Pro range:</b> Banshee, Zenith, Pulsar, Halo, Omega, Tempest, Mirage and Meteor <b>Vango Experience range:</b> Nova, Scaffell, Helvellyn, and Nevis
		<b>Camping stove(s)</b>	Trangia: 25 & 27 series, Gas burner, Liquid fuel burner. Vango: Folding gas stoves.
		<b>Camping stove fuel in an appropriate and safe container</b>	Trangia: Fuel bottle 0.3L, 0.5L, 1.0L
		<b>Cooking pans</b>	Included with Trangia stoves
		<b>Scourers</b>	
		<b>Tea towels</b>	
		<b>Food</b> (lightweight and including snacks)	Get advice at <a href="http://DofE.org/shopping/food">DofE.org/shopping/food</a>
		<b>Plastic bags</b> (for rubbish etc.)	
		<b>Toilet paper and trowel</b>	
		<b>Maps</b> (1:25 000/1:50 000)	Ordnance Survey: Explorer map, Landranger map standard or weatherproof. Custom made maps centred on your expedition location. Visit <a href="http://DofE.org/shopping/os">DofE.org/shopping/os</a>
		<b>Compass</b>	Silva: Classic, Field, Ranger, Expedition 4 compass
		<b>Map cases</b>	Silva M30 Carry Dry Map Case
		<b>Camera</b> (optional)	
		<b>Tick remover</b> (location-dependent – ask your Supervisor)	
		<b>Survival bag</b>	Lifesystems: Heatshield bag, Survival bag, Thermal bag, Thermal blanket

## 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 tested items we recommend
		Head/Neck Scarf	Buff – The Original Multifunctional Headwear
		Hydration pack	Vango: 2L Hydration pack
		Storm shelter	Vango: Storm shelter
		Stove multidisc (collander/lid/cutting board)	Trangia: Multidisc 25 series, Multidisc 27 series
		Pre-packed expedition food	Wayfayrer expedition food packs. Get advice at <a href="http://DofE.org/shopping/food">DofE.org/shopping/food</a>
		Small pocket tool	
		After-sun cream	
		Sunglasses	
		Insect repellent	Lifesystems: Expedition 50+ insect repellent, Expedition Natural 40+ insect repellent
		Stopwatch	
		Waterproofing (pre-expedition)  Personal Choice	Nikwax: Tech Wash Cleaner 100ml pouch/300ml bottle, TX.Direct and cleaning, Wash-in Reproofer 100ml pouch/300ml bottle, Footwear Cleaning Gel 125ml, Fabric & Leather Proof 125ml sponge on/spray on, Nubuck & Suede Proof 125ml sponge on/spray on, Tent & Gear Solarproof 500ml spray on.
		String	
		Spare boot laces	
		Tin opener	
		Ball, playing cards etc.	
		Mosquito net	Lifesystems: Micronet Mosquito Nets
		Emergency lightsticks	Lifesystems: 15h Light sticks
		Water purifying tablets	Lifesystems: Chlorine Dioxide tablets

### Expert kit advice

For more information and expert advice about expedition kit, hints and tips, money saving ideas and videos visit [DofE.org/shopping/expedition-kit](http://DofE.org/shopping/expedition-kit).

You can get free in-store expert boot and rucksack fitting at GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso.

Can't find what you're looking for? Order online using your voucher or DofE Card at [GOOutdoors.co.uk](http://GOOutdoors.co.uk) | [Blacks.co.uk](http://Blacks.co.uk) | [Millets.co.uk](http://Millets.co.uk) | [Ultimateoutdoors.com](http://Ultimateoutdoors.com) | [Tiso.com](http://Tiso.com) and claim your discount.

Remember, equipment should be checked by your Expedition Supervisor for its suitability before the start of the expedition.

notes