

## 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.



### 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, Bridgedale Women's Endurance Trekker, Bridgedale Endurance Trail
		2 pairs sock liners (optional)	Bridgedale Coolmax Liner, Bridgedale Women's Coolmax Liner
		2-3 t-shirts	Craghoppers – Base T
		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)	
		Warm hat &/or sunhat (if appropriate)	
		1 pair gloves (if appropriate)	
		1 pair shorts (if appropriate)	
		Suncream (if appropriate)	Lifesystems - Mountain Formula SPF25, Mountain Formula SPF50, Mountain Combi Stick SPF50
		1 pair gaiters (optional)	
		Waterproof over-trousers	Craghoppers – Pakka Plus Overtrousers
		Cagoule/coat (waterproof & windproof)	Craghoppers – Venture Shell, Pakka Plus Jacket

### PERSONAL KIT

Got it	Packed it	Item needed	Specific items we recommend
		Rucksack (approx. 55-65 litre)	Vango – Contour, Sherpa, Pumori
		Rucksack liner (or 2 x plastic bags)	Lifeventure – Dri-store Bags (2, 5, 10, 15, 25, 40, 70 litres)
		Sleeping mat	Vango – Adventure, Trek, Ultralite
		Sleeping bag	Vango – Nitestar, Ultralite, Supernova
		Waterproof bag for storing sleeping bag	Lifeventure – Dri-store Bags (2, 5, 10, 15, 25, 40, 70 litres)
		Sleeping bag liner (optional)	Lifeventure – Expedition Cotton Rectangle Sleeper, Expedition Cotton Mummy Sleeper
		Survival bag	Lifesystems – Thermal Bag, Thermal Blanket, Survival Bag, Blizzard Bag
		Small quantity of money (optional)	
		Notebook & pen/pencil	

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	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	Lifeventure – Wash Bag (Small), All Purpose Soap, Dry Wash Gel

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

Lifeventure – Expedition Trek Towel (Small, Medium, Large)

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)	
		Map cases	
		Camera (optional)	
		Toilet paper	
		Tea towels	
		Food (lightweight)	

**ADDITIONAL OPTIONAL KIT for you to consider**

Got it	Packed it	Item needed	Specific items we recommend
		Storm shelter	Vango – Storm Shelter.
		Stove accessory	Trangia – Multidisc 25 series, Multidisc 27 series
		Insect Repellent	Lifesystems – Expedition 50+ Insect Repellent, Natural 40+ Insect Repellent
		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