



EXPEDITION KIT LIST

updated **1 January 2019**
(replaces all previous versions)



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**

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

PERSONAL KIT

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

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* This discretionary discount is not to be used in conjunction with any other offers or discounts. Please visit **DofE.org/shopping/card** for full terms and conditions.

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Got it	Packed it	Item needed	Specific tested items we recommend
		Whistle	Lifesystems: Safety whistle, Echo whistle, Hurricane whistle.
		Torch (handheld or head torch and spare batteries)	Lifesystems: Intensity 230 head torch, Intensity 155 head torch
		Personal first aid kit	Lifesystems: Camping first aid kit, Trek first aid kit, Blister first aid kit, Waterproof first aid kit. Visit DofE.org/shopping/safety for info
		Expedition food (including emergency rations)	Wayfayrer expedition food packs. Get advice at DofE.org/shopping/food
		Water bottle	Lifeventure: Tritan Flask (1000ml), Tritan Bottle (650ml)
		Cutlery	Lifeventure: Basic knife, fork and spoon set; Ellipse knife, fork and spoon set; Titanium knife, fork and spoon set
		Plate/bowl	Lifeventure: Stainless steel camping bowl, camping plate, Titanium plate, Ellipse plate, Ellipse bowl, Ellipse Flexi bowl
		Mug	Lifeventure: Stainless steel camping mug, Titanium mug, Ellipse 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
		Sunblock (if appropriate)	Lifesystems: Mountain Formula SPF50, Mountain Combi Stick SPF50
		Towel	Lifeventure: Soft Fibre Lite towel (large 120g, x-large 146g, giant 203g)
		Small quantity of money (optional)	
		Notebook and pen/pencil	
		Watch	

GROUP KIT (to carry between the team)

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

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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 DofE.org/shopping/food
		Small pocket tool	
		After-sun cream	
		Sunglasses	
		Insect repellent	Lifesystems: Expedition 50+ insect repellent, Expedition Natural 40+ insect repellent
		Stopwatch	
		Waterproofing (pre-expedition)	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](https://www.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](https://www.goutdoors.co.uk) | [Blacks.co.uk](https://www.blacks.co.uk) | [Millets.co.uk](https://www.millets.co.uk) | [Ultimateoutdoors.com](https://www.ultimateoutdoors.com) | [Tiso.com](https://www.tiso.com) and claim your discount.

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

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