

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

**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)   |   |
|        |           | 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.   |
|        |           | 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 125ml sponge on or spray on, Tent & Gear Solarproof 300ml, Tech Wash 300ml bottle, TX.Direct Wash-In 300ml bottle. |