updated **15 February 2018**

*(replaces all previous versions)*



EXPEDITION KIT LIST

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| --- | --- | --- |
| **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**  Remember your free *DofE*  *Expedition Kit Guide,* full of essential advice and money saving tips.  Visit DofEShopping.org/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. | **The DofE Reward Card**  All DofE participants/parents and Leaders receive a fantastic discount at **Cotswold Outdoor instore and online\*.**  **• Leaders: 20%**  **• Participants/parents:15%.**  Parent and participant Reward  Cards are in *Welcome Packs*.  For more information visit  DofEShopping.org/reward-card. |

**(S)** = *School has some, but best to have your own if possible*

**S** = *Provided by school*

**CLOTHING**

|  |  |  |  |
| --- | --- | --- | --- |
| **Got it** | **Packed** | **Item needed** | **Specific tested items we recommend** |
|  |  | 1 pair of walking boots (broken in) | Berghaus: Explorer Trek and Explorer Ridge boots |
|  |  | 2 pairs of walking socks | Bridgedale: WoolFusion Trekker, WoolFusion Trekker women’s, Woolfusion Trail, WoolFusion Trail women’s |
|  |  | 2-3 t-shirts | Craghoppers: Fusion T-shirt |
|  |  | Thermal t-shirt (optional) | Craghoppers: Fusion T-shirt |
|  |  | 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 & sunhat |  |
|  |  | 1 pair gloves |  |
|  |  | 1 pair shorts (if appropriate) |  |
| (S) |  | Waterproof over-trousers | Craghoppers: Ascent Overtrousers |
| (S) |  | Jacket/coat (waterproof & windproof) | Craghoppers: Waterproof Shell Apex Jackets |
|  |  | 1 pair gaiters (optional) |  |

**PERSONAL KIT**

|  |  |  |  |
| --- | --- | --- | --- |
| **Got it** | **Packed** | **Item needed** | **Specific tested items we recommend** |
| (S) |  | Rucksack | Vango: Contour, Sherpa, Pinnacle rucksacks |
|  |  | Rucksack liner (or 2 strong plastic bags) | Lifeventure: Dry Bags (2/5/10/15/25/40/70/100 litres) and  Compression Sacks (5/10/15L) |
| (S) |  | Sleeping bag | Vango: Nitestar, Latitude, Venom, Ultralite Pro and  Stratos (Cotswold Outdoor exclusive) sleeping bags |
| (S) |  | Sleeping mat | Vango: Single Trek mats |
|  |  | Waterproof bag | Lifeventure: Dry Bags |
|  |  | Sleeping bag liner (optional) | Lifeventure: Cotton sleeping bag liners |

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

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**PERSONAL KIT** *(continued)*

|  |  |  |  |
| --- | --- | --- | --- |
| **Got it** | **Packed** | **Item needed** | **Specific tested items we recommend** |
| S |  | Survival bag | Lifesystems: Bivi bag, Survival bag, Thermal bag |
|  |  | Whistle | Lifesystems: Survival whistle, Safety whistle |
|  |  | Torch (handheld or head torch and spare batteries) | Lifesystems: Intensity 220 head torch, Intensity 105 head torch |
|  |  | Personal first aid kit | Lifesystems: Camping first aid kit, Trek first aid kit, Blister first aid kit, Waterproof first aid kit. Visit DofEShopping.org/safety for info |
|  |  | Expedition food  (including emergency rations) | Beyond The Beaten Track: Expedition food packs and ready meal pouches. Get advice at DofEShopping.org/food |
|  |  | Water bottle | Lifeventure: Tritan Flask (1000ml), Tritan Bottle (650ml) |
|  |  | Knife, fork, spoon | Lifeventure: Basic knife fork and spoon set, Ellipse knife, fork and spoon set |
|  |  | Small pocket knife/pocket tool | Victorinox: DofE Pocket Tool  For advice visit DofEShopping.org/safety) |
|  |  | Plate/bowl | Lifeventure: Stainless steel camping bowl, camping plate, Titanium plate, Ellipse plate, Ellipse bowl, Ellipse folding 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 |  |
|  |  | Insect Repellent |  |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Got it** | **Packed** | **Item needed** | **Specific tested items we recommend** |
| S |  | Tent(s) | Vango Trek Pro range: Banshee, Zenith, Pulsar, Halo, Omega, Tempest, Mirage and Meteor  Vango Experience range: Nova, Scafell, Helvellyn, and Nevis |
| S |  | Camping stove(s) | Trangia: 25 & 27 series, Gas burner, Gel fuel burner and Liquid fuel burner. Vango: Folding gas stoves. |
| S |  | Camping stove fuel in an appropriate and safe container | Trangia: Fuel bottle 0.3L, 0.5L, 1.0L  Vango: Bio-ethanol gel fuel 200ml and 1 litre pouches |
| S |  | Cooking pans | Included with Trangia stoves |
|  |  | Scourers |  |
|  |  | Tea towels |  |
|  |  | Food (lightweight and including snacks) | Get advice at DofEShopping.org/food |
|  |  | Plastic bags (for rubbish etc.) |  |
|  |  | Toilet paper and trowel |  |
| S |  | 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 DofEShopping.org/os |
| S |  | Compass | Silva: Classic, Field, Ranger, Expedition 4 compass |
| S |  | Map cases | Silva: Carry Dry Map Cases – A4 and M30 |
|  |  | Camera (optional) |  |
|  |  | Tick remover (location-dependent – ask your Supervisor) | Lifesystems: Tick remover |
| S |  | Hi-Vis vest x 2 |  |

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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.

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| --- | --- | --- | --- |
| **Got it** | **Packed** | **Item needed** | **Specific tested items we recommend** |
|  |  | 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 | Beyond The Beaten Track: Expedition food packs and ready meal pouches. Get advice at DofEShopping.org/food |
|  |  | After-sun cream |  |
|  |  | Sunglasses |  |
|  |  | Insect repellent | Lifesystems: Expedition 50+ insect repellent, Expedition  Natural 40+ insect repellent |
|  |  | Stopwatch |  |
|  |  | Waterproofing (pre-expedition)  and cleaning | Nikwax: Tech Wash Cleaner 100ml pouch/300ml bottle, TX.Direct  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 |  |
|  |  | Playing cards etc. |  |
|  |  | Mosquito net | Lifesystems: Micronet Mosquito Nets |
|  |  | Emergency lightsticks | Lifesystems: 15h Light sticks |
|  |  | Water purifying tablets | Lifesystems: Chlorine Dioxide tablets |
|  |  | Security pouch | Lifeventure: Body Wallet (waist, chest) |
|  |  |  |  |

**Expert kit advice**

For more information and expert advice about expedition kit, hints and tips, money saving ideas and videos visit DofEShopping.org/expedition-kit.

**You can get free in-store expert boot and rucksack fitting at Cotswold Outdoor. Can’t find what you’re looking for?** Order online using your DofE Reward Card at

**cotswoldoutdoor.com** and claim your discount.

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

notes