



EXPEDITION

Expedition Kit List

These are the items you will need when undertaking a DofE Expedition for any Level of Award. This is to be used as a GUIDE only. Quantities of some items depends on level and duration of expedition. Click on the links below for details of DofE Recommended Kit, or visit www.dofe.org/expedition DofE participants and Leaders can get a great discount off expedition equipment at Cotswold Outdoor, the Recommended Retailer of Expedition Kit to the DofE. Find out more from www.DofE.org/go/cotswold



TO WEAR WALKING

- **1 x Pair Walking Boots** (broken in)
- **1 x Pair Walking Socks** e.g. Bridgedale - Endurance Trekker, Women's Endurance Trekker or a similar item. *Click here to see the DofE's Recommended Kit from Bridgedale.*
- **2 x Pair Sock Liners** (optional) e.g. Bridgedale - Coolmax, Women's Coolmax or a similar item. *Click here to see the DofE's Recommended Kit from Bridgedale.*
- **1 x Thermal top or T-shirt**
- **1 x Shirt**
- **1 x Sweater** (woollen or fleece)
- **1 x Walking Trousers** (warm, NOT jeans)

PERSONAL KIT (TO CARRY)

- **1 x Large Rucksack** (approximately 55-65 litre capacity) e.g. Vango - Contour, Fitzroy, Sherpa or a similar item. *Click here to see the DofE Recommended Kit from Vango.*
- **1 x Rucksack Liner** (or 2 x plastic bags) e.g. Sea to Summit - Ultra Sil Pack Liner, Ultra Sil Dry Sack or a similar item. *Click here to see the DofE Recommended Kit from Sea to Summit.*
- **1 x Sleeping Mat** e.g. Vango - Adventure, Premium, Trek, Ultralite or a similar item. *Click here to see the DofE Recommended Kit from Vango.*
- **1 x Sleeping Bag** e.g. Vango - Nitestar, Summit, Ultralite or a similar item. *Click here to see the DofE Recommended Kit from Vango.*
- **1 x Waterproof Bag** for storing your Sleeping Bag e.g. Sea to Summit - Ultra Sil Dry Sack or a similar item. *Click here to see the DofE Recommended Kit from Sea to Summit.*
- **1 x Sleeping Bag Liner** (optional) e.g. Sea to Summit - Premium Silk Liner, 100% Cotton Liner or a similar item. *Click here to see the DofE Recommended Kit from Sea to Summit.*
- **1 x Survival Bag** e.g. Adventure Medical Kits - Emergency Bivvy or a similar item. *Click here to see the DofE Recommended Kit from Adventure Medical Kits.*
- **1 x Personal First Aid Kit**
- **1 x Watch**
- **1 x Whistle**
- **Maps**
- **Small quantity of money** (optional)
- **1 x Notebook & pen/pencil**
- **1 x Torch** e.g. hand-held torches from Maglite - LED 3xAA Maglite, Incandescent 2xAA Maglite, Holster Incandescent 2xAA Combo Pack Maglite or a similar item. *Click here to see the DofE Recommended Kit from Maglite.* Alternatively, a Head Torch if preferred.
- **Spare Batteries for Torch**
- **1 x Emergency Food Rations** (NOT to be eaten until the end!)
- **1 x Water Bottle** (1 - 2 Litres) e.g. Sigg - Traveller Bottle (1.0 litre). *Click here to see the DofE Recommended Kit from Sigg.*
- **1 x Knife, Fork, Spoon**
- **1 x Small Pocket Knife**
- **1 x Plate/Bowl**
- **1 x Mug**
- **1 x Box of Matches** (sealed in a dry container or bag)
- **1 x Small Wash Kit**
- **1 x Small Towel** e.g. Sea to Summit - Dry Lite Travel Towel or a similar item. *Click here to see the DofE Recommended Kit from Sea to Summit.*

- **1 x Gagoule/Coat** (must be waterproof and windproof)
- **3 x Pairs Underwear**
- **1 x pair Walking Socks** e.g. Bridgedale - Endurance Trekker, Women's Endurance Trekker or a similar item. *Click here to see the DofE's Recommended Kit from Bridgedale.*
- **2 x pair Sock Liners** (optional) e.g. Bridgedale - Coolmax, Women's Coolmax or a similar item. *Click here to see the DofE's Recommended Kit from Bridgedale.*
- **2 x T-shirts**
- **1 x Shirt** (woollen, cotton or fleece)
- **1 x Spare Sweater** (woollen or fleece)
- **1 x Spare Walking Trousers** (warm, NOT jeans)
- **1 x Pair of Trainers** (optional)
- **1 x Hat** (warm)
- **1 x Pair Gloves** (woollen)
- **1 x Pair Shorts** (if appropriate)
- **1 x Sunhat**
- **Suncream** (if appropriate)
- **1 x Thermal Long Johns** (optional)
- **1 x Pair Gaiters** (optional)
- **1 x Waterproof Over-trousers**

GROUP KIT (TO CARRY BETWEEN THE TEAM)

- **1-2 x Tents** e.g. Vango - Hurricane, Ultralite, Typhoon, Spectre, Banshee, Equinox, Tempest, Tornado or a similar item. *Click here to see the DofE Recommended Kit from Vango.*
- **2-3 x Camping Stoves**
- **Camping Stove Fuel**
- **2-3 x Cooking Pots**
- **2 x Scourers**
- **Maps** (1:50 000 / 1:25 000)
- **1 x Compass** e.g. Recta - Starter, Romer, Elite or similar item. *Click here to see the DofE Recommended Kit from Recta.*
- **Map Cases** e.g. Sea to Summit - Waterproof Map Cases or a similar item. *Click here to see the DofE Recommended Kit from Sea to Summit.*
- **1 x Camera** (optional)
- **2 x Tea Towels**
- **Food** (small and lightweight)
- **5 x Plastic Bags** (for rubbish etc.)

ADDITIONAL OPTIONAL KIT (FOR YOU TO CONSIDER)

- **Storm Shelter** e.g. Vango - Storm Shelter or similar item. *Click here to see the DofE Recommended Kit from Vango.*
- **Waterproofing For Kit** e.g. Granger's - G-Wax Tin, G-Max Proofer with Conditioner, G-Max Cleaner, 30 Degree C Cleaner, 30 Degree C Proofer, 30 Degree C 2 in 1 Cleaner/Proofer, 30 Degree C Down Cleaner or similar items. *Click here to see the DofE Recommended Kit from Granger's.*
- **Rucksack Protector** e.g. Pacsafe - Pacsafe 85 or similar item. *Click here to see the DofE Recommended Kit from Pacsafe.*
- **Secure Money Pouch** e.g. Pacsafe - Pouchsafe 100 or similar item. *Click here to see the DofE Recommended Kit from Pacsafe.*
- **Survival Pack** e.g. Adventure Medical Kits - Pocket Survival Pack or similar item. *Click here to see the DofE Recommended Kit from Adventure Medical Kits.*
- **Stuff Sack** e.g. Sea to Summit - Ultra Light Stuff Sack or similar item. *Click here to see the DofE Recommended Kit from Sea to Summit.*
- **Food Box** e.g. Sigg - Aluminium Food Box or similar item. *Click here to see the DofE Recommended Kit from Sigg.*
- **Route Planning Software**