



# EXPEDITION KIT LIST

updated **3 September 2019**  
(replaces all previous versions)



## About the kit list

This list is a GUIDE to the items you may need when undertaking a DofE expedition. There is no obligation to buy the specific items we recommend. However, the DofE charity receives a royalty from DofE Recommended Kit items 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](http://DofE.org/shopping/kitadvice)

All of our Recommended Kit has been tried and tested to be good value for money and fit for purpose. Variations of kit allows for differences in level and duration of expeditions.

## DofE Card and Vouchers

Save at least 10%, and often more, on your expedition kit at at our five DofE Recommended Retailers.

Always use your DofE Card or Voucher at GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso – 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](http://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
		<b>1 pair of walking boots</b> (broken in)	Vango: Velan, Grivola, Cervino boots
		<b>2 pairs of walking socks</b>	Bridgedale: HIKE range Men's and Women's: Midweight, Lightweight and Ultralight Merino Performance, Midweight and Lightweight Merino Comfort, Lightweight and Ultralight Coolmax Performance, Junior Merino Performance and Merino Comfort.
		<b>2 pairs of sock liners</b> (optional)	Bridgedale: LINERS Base Layer Coolmax Liner
		<b>Jacket/coat</b> (waterproof and windproof)	Craghoppers: Horizon, Apex Waterproof Jackets
		<b>Waterproof over-trousers</b>	Craghoppers: Ascent Overtrousers
		<b>2 fleece tops or similar</b>	Craghoppers: Strata, Vector Hooded Jackets and Half Zip Tops
		<b>2-3 t-shirts</b> (thermal optional)	Craghoppers: Fusion T-shirt
		<b>2 walking trousers</b> (warm, NOT jeans)	Craghoppers: Traverse Trousers
		<b>1 pair shorts</b> (if appropriate)	
		<b>Underwear</b>	
		<b>Nightwear</b>	
		<b>Flipflops/sandals</b> (optional for camp site use)	
		<b>Warm hat and/or sunhat</b> (as appropriate)	
		<b>1 pair gloves</b> (if appropriate)	
		<b>1 pair gaiters</b> (optional)	

## PERSONAL KIT

Got it	Packed it	Item needed	Specific tested items we recommend
		<b>Rucksack</b>	Vango: Contour, Sherpa, Pinnacle rucksacks
		<b>Rucksack liner</b> (or 2 strong plastic bags)	Lifeventure: Ultralight Dry Bags (2/5/10/15/25/35/55/75L) and Compression Sacks (5/10/15L)
		<b>Sleeping bag</b>	Vango: Nitestar, Latitude, Venom, Ultralite Pro sleeping bags
		<b>Sleeping mat</b>	Vango: Single Trek, Dreamer mats
		<b>Waterproof bag</b>	Lifeventure: Ultralight Dry Bags
		<b>Sleeping bag liner</b> (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](http://DofE.org/shopping/card) for full terms and conditions.

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Got it	Packed it	Item needed	Specific tested items we recommend
		<b>Whistle</b>	Lifesystems: Safety, Echo, Hurricane whistles.
		<b>Torch</b> (handheld or head torch and spare batteries)	Lifesystems: Intensity 230, Intensity 155 head torches
		<b>Personal first aid kit</b>	Lifesystems: Camping, Trek, Blister, Waterproof first aid kits Visit <a href="http://DofE.org/shopping/safety">DofE.org/shopping/safety</a> for info
		<b>Expedition food</b> (including emergency rations)	Wayfayrer expedition food packs. Get advice at <a href="http://DofE.org/shopping/food">DofE.org/shopping/food</a>
		<b>Water bottle</b>	Lifeventure: Tritan Flask (1000ml), Tritan Bottle (650ml)
		<b>Cutlery</b>	Lifeventure: Basic, Ellipse, Titanium knife, fork and spoon sets
		<b>Plate/bowl</b>	Lifeventure: Stainless steel camping bowl, camping plate, Titanium plate, Ellipse plate, Ellipse bowl, Ellipse FlexiBowl
		<b>Mug</b>	Lifeventure: Stainless steel, Titanium, Ellipse mugs
		<b>Box of matches</b> (in waterproof container)	Lifesystems: Windproof matches
		<b>Wash kit/personal hygiene items</b> (some items could be shared as a group)	Lifeventure: Wash bag (small), All-purpose soap, Dry wash gel
		<b>Sunblock</b>	Lifesystems: Lifesystems: Mountain Formula SPF50+, Mountain Combi Stick SPF50+
		<b>Towel</b>	Lifeventure: Soft Fibre Lite towel (large, x-large, giant)
		<b>Small quantity of money</b> (optional)	
		<b>Notebook and pen/pencil</b>	
		<b>Watch</b>	

## GROUP KIT (to carry between the team)

Got it	Packed it	Item needed	Specific tested items we recommend
		<b>Tent(s)</b>	<b>Vango Trek Pro range:</b> Banshee, Pulsar, Halo, Omega, Tempest, Mirage tents <b>Vango Experience range:</b> Nova, Scafell, Helvellyn, Nevis tents
		<b>Camping stove(s)</b>	Trangia: 25 and 27 series, Gas burner, Liquid fuel burner. Vango: Folding gas stoves.
		<b>Camping stove fuel in an appropriate and safe container</b>	Trangia: Fuel bottle 0.3L/0.5L/1.0L
		<b>Cooking pans</b>	Included with Trangia stoves
		<b>Scourers</b>	
		<b>Tin opener</b> (if required)	
		<b>Tea towels</b>	
		<b>Food</b> (lightweight and including snacks)	Get advice at <a href="http://DofE.org/shopping/food">DofE.org/shopping/food</a>
		<b>Plastic bags</b> (for rubbish etc.)	
		<b>Toilet paper and trowel</b>	
		<b>Maps</b> (1:25 000/1:50 000)	Ordnance Survey: Explorer, Landranger map (standard or weatherproof).
		<b>Compass</b>	Silva: Classic, Field, Ranger, Expedition 4 compass
		<b>Map cases</b>	Silva M30 Carry Dry Map Case
		<b>Camera</b> (optional)	
		<b>Tick remover</b> (location-dependent – ask your Supervisor)	
		<b>Survival bag</b>	Lifesystems: Heatshield, Survival, Thermal bags, 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
		<b>Head/Neck Scarf</b>	Buff – The Original Multifunctional Headwear
		<b>Hydration pack</b>	Vango: 2L Hydration pack
		<b>Storm shelter</b>	Vango: Storm shelter
		<b>Stove multidisc (lid/cutting board)</b>	Trangia: Multidisc 25 series, Multidisc 27 series
		<b>Pre-packed expedition food</b>	Wayfayrer expedition food packs. Get advice at <a href="http://DofE.org/shopping/food">DofE.org/shopping/food</a>
		<b>Small pocket tool</b>	
		<b>After-sun cream</b>	
		<b>Sunglasses</b>	
		<b>Insect repellent</b>	Lifesystems: Expedition 50+ insect repellent
		<b>Stopwatch</b>	
		<b>Waterproofing (pre-expedition)</b>	Nikwax: Tech Wash Cleaner, TX.Direct, Wash-in Reproofer Footwear Cleaning Gel, Fabric and Leather Proof, Nubuck and Suede Proof, Tent and Gear Solarproof.
		<b>String</b>	
		<b>Spare boot laces</b>	
		<b>Ball, playing cards etc.</b>	
		<b>Mosquito net</b>	Lifesystems: MicroNet Single Mosquito Net
		<b>Emergency lightsticks</b>	Lifesystems: 15h Light sticks
		<b>Water purifying tablets</b>	Lifesystems: Chlorine Dioxide tablets

### Expert kit advice

For more information and expert advice about expedition kit, hints, tips and money saving ideas, visit [DofE.org/shopping/expedition-kit](http://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 DofE Card or Voucher at [GOOutdoors.co.uk](http://GOOutdoors.co.uk) | [Blacks.co.uk](http://Blacks.co.uk) | [Millets.co.uk](http://Millets.co.uk) | [Ultimateoutdoors.com](http://Ultimateoutdoors.com) | [Tiso.com](http://Tiso.com) to get your discount.

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

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