



# 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](http://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](http://www.DofE.org/go/cotswold)



### PERSONAL KIT

- **1 x pair walking boots** (broken in) e.g. Craghoppers - Yomp Trail Shoe, Tromp Walking Boot or a similar item.
- **2 x pair walking socks** e.g. Bridgedale - Endurance Trekker, Women's Endurance Trekker or a similar item.
- **2 x Pair sock liners** (optional) e.g. Bridgedale - Coolmax, Women's Coolmax or a similar item.
- **2 x t-shirts** e.g. Craghoppers - Base T or a similar item.
- **1 x thermal top or t-shirt** e.g. Craghoppers - Base T or a similar item.
- **2 x sweater** (woollen or fleece) e.g. Craghoppers - Vector Soft Shell Zip-Neck, Vicona Soft Shell Zip-Neck, Vector Soft Shell Jacket, Vicona Soft Shell Jacket or a similar item.
- **2 x walking trousers** (warm, NOT jeans) e.g. Craghoppers - Venturer Trousers, Ventura Trousers or a similar item.
- **3 x pairs underwear**
- **1 x pair of trainers** (optional) e.g. Craghoppers - Yomp Trail Shoe
- **1 x warm hat** (if appropriate)
- **1 x sunhat** (if appropriate)
- **1 x pair gloves** (woollen, if appropriate)
- **1 x pair shorts** (if appropriate)
- **Suncream** (if appropriate)
- **1 x thermal long johns** (optional)
- **1 x pair gaiters** (optional)
- **1 x waterproof over-trousers** e.g. Craghoppers - Pakka Plus Overtrousers or similar item.
- **1 x large rucksack** (approximately 55-65 litre capacity) e.g. Vango - Contour, Fitzroy, Sherpa or a similar item.
- **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.
- **1 x sleeping mat** e.g. Vango - Adventure, Premium, Trek, Ultralite or a similar item.
- **1 x sleeping bag** e.g. Vango - Nitestar, Summit, Ultralite or a similar item.
- **1 x waterproof bag** for storing your Sleeping Bag e.g. Sea to Summit - Ultra Sil Dry Sack or a similar item.
- **1 x sleeping bag liner** (optional) e.g. Sea to Summit - Premium Silk Liner, 100% Cotton Liner or a similar item.
- **1 x survival bag** e.g. Adventure Medical Kits - Emergency Bivvy, Emergency Blanket or a similar item.
- **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. Alternatively, a Head Torch if preferred.
- **1 x personal first aid kit**
- **1 x watch**
- **1 x whistle**
- **Maps**
- **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 lt).
- **1 x knife, fork, spoon**
- **1 x small pocket knife/pocket tool** e.g. DofE Pocket Tool by Victorinox.
- **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.
- **1 x cagoule/coat** (must be waterproof and windproof) e.g. Craghoppers - Venture Shell, Pakka Plus Jacket or a similar item.

### 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.
- **2-3 x camping stoves** e.g. Trangia - 25-1UL, 25-5UL, 25-1GB/UL, 25-2GB/UL, 25-5GB/UL, 27-1UL, 27-5UL, 27-1GB/UL, 27-5GB/UL or a similar item.
- **camping stove fuel in an appropriate & safe container** e.g. Trangia - Fuel Bottle 0.5L, 1.0L or a similar item.
- **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.
- **Map cases** e.g. Sea to Summit - Waterproof Map Cases or a similar item.
- **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.
- **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.
- **Rucksack protector** e.g. Pacsafe - Pacsafe 85 or similar item.
- **Secure money pouch** e.g. Pacsafe - Pouchsafe 100 or similar item.
- **Survival pack** e.g. Adventure Medical Kits - Pocket Survival Pack or similar item.
- **Stuff sack** e.g. Sea to Summit - Ultra Light Stuff Sack or similar item.
- **Food box** e.g. Sigg - Aluminium Food Box or similar item.
- **Stove Accessory** e.g. Trangia - Multidisc 25 series, Multidisc 27 series or a similar item.