



# EXPEDITION KIT LIST

updated **9 March 2016**  
(replaces all previous versions)



## 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](http://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](http://DofEShopping.org/reward-card).

## CLOTHING

Got it	Packed it	Item needed	Specific tested items we recommend
		<b>1 pair of walking boots</b> (broken in)	Berghaus: Expeditor Trek, Expeditor Ridge and Explorer Trek boots. Vango: Contour and Sherpa boots
		<b>2 pairs of walking socks</b>	Bridgedale: WoolFusion Trekker, WoolFusion Trekker women's, Woolfusion Trail, WoolFusion Trail women's
		<b>2 pairs of sock liners</b> (optional)	Bridgedale: Coolmax Liner, Coolmax Liner women's
		<b>2-3 t-shirts</b>	Craghoppers: Vitalise Base T-shirt
		<b>Thermal t-shirt</b> (optional)	Craghoppers: Vitalise Base T-shirt
		<b>2 fleece tops or similar</b>	Craghoppers: Micro Fleece: Ionic Half Zip
		<b>2 walking trousers</b> (warm, NOT jeans)	Craghoppers: Terrain Traverse Trousers
		<b>Underwear</b>	
		<b>Nightwear</b>	
		<b>Flipflops/trainers/sandals etc</b> (optional for campsite use)	
		<b>Warm hat &amp;/or sunhat</b> (as appropriate)	
		<b>1 pair gloves</b> (if appropriate)	
		<b>1 pair shorts</b> (if appropriate)	
		<b>Sunblock</b> (if appropriate)	Lifesystems: Mountain Formula SPF25, Mountain Formula SPF50, Mountain Combi Stick SPF50
		<b>Waterproof over-trousers</b>	Craghoppers: Ascent Overtrousers
		<b>Jacket/coat</b> (waterproof & windproof)	Craghoppers: Waterproof Shell: Reaction Lite Jacket Soft Shell: Ionic Hooded Jacket
		<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, Nanga rucksacks
		<b>Rucksack liner</b> (or 2 strong plastic bags)	Lifeventure: Dri-store Roll Top Bags (2/5/10/15/25/40/70/100 litres)
		<b>Sleeping bag</b>	Vango: Nitestar, Latitude, Venom, Aero Stratos (Cotswold Outdoor exclusive) sleeping bags
		<b>Sleeping mat</b>	Vango: Single Adventure, Trek and Ultralite mats

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

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Got it	Packed it	Item needed	Specific tested items we recommend
		<b>Waterproof bag</b>	Lifeventure: Dri-store LocTop Bags for valuables Lifeventure: Waterproof compression stuff sack (5/10/15 litre)
		<b>Sleeping bag liner</b> (optional)	Lifeventure: AXP Cotton Rectangle/Mummy Sleeper
		<b>Survival bag</b>	Lifesystems: Survival Bag
		<b>Whistle</b>	Lifesystems: Survival whistle, Safety whistle
		<b>Torch</b> (handheld or head torch and spare batteries)	Lifesystems: Intensity 220 torch, Intensity 220 head torch
		<b>Personal first aid kit</b>	Lifesystems: Camping first aid kit, Trek first aid kit, Blister first aid kit Visit <a href="http://DofEShopping.org/safety">DofEShopping.org/safety</a> for more information
		<b>Expedition food</b> (including emergency rations)	Beyond The Beaten Track: Expedition food packs and ready meal pouches. Get advice at <a href="http://DofEShopping.org/food">DofEShopping.org/food</a>
		<b>Water bottle</b> (1-2 litres)	Lifeventure: Tritan Flask (1000ml), Tritan Bottle (650ml)
		<b>Knife, fork, spoon</b>	Lifeventure: Basic knife fork and spoon set, Folding knife fork and spoon set; Ellipse knife, fork and spoon set
		<b>Small pocket knife/pocket tool</b>	Victorinox: DofE Pocket Tool. For advice visit <a href="http://DofEShopping.org/safety">DofEShopping.org/safety</a> )
		<b>Plate/bowl</b>	Lifeventure: Stainless steel camping bowl, camping plate, Titanium plate, Ellipse plate, Ellipse bowl
		<b>Mug</b>	Lifeventure: Stainless steel camping mug, Titanium mug, Ellipse mug
		<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>Towel</b>	Lifeventure: Soft Fibre Lite towel (large 120g, x-large 146g, giant 203g)
		<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>	Vango: Banshee, Helix, Zenith, Pulsar, Nova, Halo, Omega, Tempest, Mirage
		<b>Camping stove(s)</b>	Trangia: 25 & 27 series, Gas burner, Gel fuel burner and 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 Vango: Bio-ethanol gel fuel 200ml and 1 litre pouches
		<b>Cooking pans</b>	Included with Trangia stoves
		<b>Scourers</b>	
		<b>Tea towels</b>	
		<b>Food</b> (lightweight and including snacks)	Get advice at <a href="http://DofEShopping.org/food">DofEShopping.org/food</a>
		<b>Plastic bags</b> (for rubbish etc.)	
		<b>Toilet paper</b>	
		<b>Maps</b> (1:25 000/1:50 000)	Ordnance Survey: Explorer map, Landranger map standard or weatherproof. Custom made maps centred on your expedition location. Visit <a href="http://www.DofEShopping.org/os">www.DofEShopping.org/os</a>
		<b>Compass</b>	Silva: Field/Ranger/Expedition 4 compass.
		<b>Map cases</b>	Silva: Carry Dry Map Cases – A4, M30 and Large.
		<b>Camera</b> (optional)	
		<b>Tick remover</b> (location-dependent – ask your Supervisor)	Lifesystems: Tick remover

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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
		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 <a href="https://www.dofeshopping.org/food">DofEShopping.org/food</a>
		After-sun cream	
		Sunglasses	
		Insect repellent	Lifesystems: Expedition 50+ insect repellent, Natural 40+ insect repellent
		Stopwatch	
		Waterproofing (pre-expedition )	Nikwax: Tech Wash 100ml pouch/300ml bottle, TX.Direct Wash-in 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	
		Ball, playing cards etc.	
		Trowel	
		Mosquito net	Lifesystems: Micronet Mosquito Nets
		Emergency lightsticks	Lifesystems: 12h Light sticks
		Water purifying tablets	Lifesystems: Chlorine Dioxide tablets
		Travel plug	Lifesystems: Travel adaptor
		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](https://www.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](https://www.cotswoldoutdoor.com) and claim your discount.

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

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