



# EXPEDITION KIT LIST

updated **1 September 2015**  
(replaces all previous versions)



## About the kit list

This list is an illustration of the type of 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 Recommended Kit items from any shop, which helps to support our work with young people.

## Get expert kit advice

Remember your *DofE Expedition Kit Guide*, full of essential advice about the kit you'll need and how to save money. See: [www.DofEShopping.org/kitadvice](http://www.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.

Quantities of some items depends on level and duration of expedition.

## Using your DofE Reward Card

All DofE participants/parents and Leaders get a great discount\* (Leaders = 20%, participants = 15%) off kit (online and in stores) at Cotswold Outdoor, the DofE Recommended Retailer of Expedition Kit. Participant/parent cards are in the participant's *Welcome Pack*.

Find out more from [www.DofEShopping.org/reward-card](http://www.DofEShopping.org/reward-card).

## CLOTHING

Got it	Packed it	Item needed	Specific tested items we recommend
		<b>1 pair walking boots</b> (broken in)	Berghaus Expeditor Trek, Expeditor Ridge and Fellmaster GTX boots. Vango Contour boot. Vango Sherpa boot.
		<b>2 pairs walking socks</b>	Bridgedale Woolfusion Trekker, Bridgedale Women's Woolfusion Trekker, Bridgedale Woolfusion Trail/Woolfusion Trail Women's
		<b>2 pairs sock liners</b> (optional)	Bridgedale Coolmax Liner, Bridgedale Women's Coolmax Liner
		<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 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 - Travelite Over Trousers
		<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
		<b>Rucksack liner</b> (or 2 strong plastic bags)	Lifeventure: Dri-store Roll Top Bags (5, 10, 15, 25, 40, 70 litres)
		<b>Sleeping bag</b>	Vango: Nitestar, Ultralite, Latitude, Venom Stratos (Cotswold exclusive)
		<b>Sleeping mat</b>	Vango: single Adventure, Trek and Ultralite mats

\* Discount is on full price items only, please visit [www.DofEShopping.org/reward-card](http://www.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> (e.g. for storing sleeping bag)	Lifeventure Dri-store Roll Top Bags (5, 10, 15, 25, 40, 70 litres) Lifeventure Waterproof Compression Stuff Sack (5/10/15 litre) Lifeventure Dri-store LocTop Bags for valuables
		<b>Sleeping bag liner</b> (optional)	Lifeventure Expedition Cotton Rectangle/Mummy Sleeper Expedition Silk 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 80 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://www.DofEShopping.org/safety">www.DofEShopping.org/safety</a> for more information
		<b>Emergency food rations</b>	Get advice at <a href="http://www.DofEShopping.org/food">www.DofEShopping.org/food</a>
		<b>Water bottle</b> (1-2 Litres)	Lifeventure – Stainless Steel Bottle (600ml, 800ml), Tritan Flask (1000ml), Tritan Bottle
		<b>Knife, fork, spoon</b>	Lifeventure – Basic knife fork & spoon set, Folding knife fork & spoon set; Ellipse knife, fork & spoon set
		<b>Small pocket knife/pocket tool</b>	Victorinox – DofE Pocket Tool ( <a href="http://www.DofEShopping.org/safety">www.DofEShopping.org/safety</a> )
		<b>Plate/bowl</b>	Lifeventure – Camping Bowls, Camping Plate, Titanium Plate, Lexan Camping Set, Ellipse plate, Ellipse mug
		<b>Mug</b>	Lifeventure – Camping Mug, Titanium Mug, Thermal Mug
		<b>Box of matches</b> (in waterproof container)	Lifesystems – Windproof survival 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 – Expedition compact Trek Towel (Small, Medium, Large)
		<b>Small quantity of money</b> (optional)	
		<b>Notebook &amp; 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, Nimbus, Halo, Omega, Tempest, Mirage
		<b>Camping stove(s)</b>	Trangia 25 & 27 series, Trangia Gas Burner, Gel Fuel Burner and Liquid Fuel Burner. Vango Gas Stove: Folding & Piezo; compact and lightweight gas stoves.
		<b>Camping stove fuel in an appropriate &amp; safe container</b>	Trangia – Fuel Bottle 0.5L, 1.0L Vango – Bio-ethanol fuel: Gel Pouch 200ml & 1 litre.
		<b>Cooking pans</b>	Included with Trangia stoves
		<b>Scourers</b>	
		<b>Tea towels</b>	
		<b>Food</b> (lightweight & including snacks)	Get advice at <a href="http://www.DofEShopping.org/food">www.DofEShopping.org/food</a>
		<b>Plastic bags</b> (for rubbish etc.)	
		<b>Toilet paper</b>	
		<b>Maps</b> (1:25 000/1:50 000)	OS Explorer Map/OS Landranger Map in paper or active laminated versions. OS Custom Made centred on your expedition – see <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	Vestey Foods single pouches & 12 hour packs ( <a href="http://www.DofEShopping.org/food">www.DofEShopping.org/food</a> )
		After-sun cream	Lifesystems Aftersun Soothing Lotion (200ml)
		Sunglasses	
		Insect repellent	Lifesystems – Expedition 50+ Insect Repellent, Natural 40+ Insect Repellent
		Stopwatch	
		Waterproofing (pre-expedition )	Nikwax: Tech Wash 100ml Pouch, TX.Direct Wash-In 100ml Pouch, Footwear Cleaning Gel 125ml, Fabric & Leather Proof 125ml sponge on or spray on, Nubuck & Suede Proof 125ml sponge on or spray on, Tent & Gear Solarproof 500ml, Tech Wash 300ml bottle, TX.Direct Wash-In 300ml bottle.
		String	
		Spare boot laces	
		Tin opener	
		Ball, playing cards etc.	
		Trowel	
		Mosquito net	Lifesystems – Micronet Mosquito Nets
		Emergency lightsticks	Lifesystems – 12h Light Stick
		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 [www.DofEShopping.org/kitadvice](http://www.DofEShopping.org/kitadvice).

You can get free in-store expert boot and rucksack fitting at Cotswold Outdoor.

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

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