

This list is a GUIDE to the items you may need when undertaking a DofE expedition. We only recommend items that are suitable for DofE expeditions and good value for money. There is no obligation to buy the specific items we recommend. However, the DofE charity receives a royalty from sales of DofE Recommended Kit which helps to support our work with young people.

Remember, your DofE Expedition Supervisor will have the final say on the suitability of the kit required for your expedition.

For more information read our free DofE Kit Guide at [DofE.org/shopping/kitadvice](http://DofE.org/shopping/kitadvice) and visit [DofE.org/shopping/reckit](http://DofE.org/shopping/reckit).

## DofE Card

Save at least 10%, or more\*, with your DofE Card at our five DofE Recommended Retailers: GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso.

- Participants and parents – 10% or more
- Leaders and volunteers – 15% or more

Free instore boot and rucksack fittings available.

Your card is in your DofE Welcome Pack or download your personalised Digital DofE Card from eDofE.

Go to [DofE.org/shopping/card](http://DofE.org/shopping/card) for full details.

## CLOTHING

Item needed	Specific items we recommend	Got it	Packed it
1 pair of walking boots (broken in)	Hi-Tec: Eurotrek Lite WP, Eurotrek III WP, Aysgarth WP, Summit WP, Bandera Lite WP, Bandera II WP, Ravine WP, Mount Lennox WP		
2 pairs of walking socks	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		
2 pairs of sock liners (optional)	Bridgedale: LINERS Base Layer Coolmax Liner		
Jacket/coat (waterproof and windproof)	Craghoppers: Horizon, Apex Waterproof Jackets		
Waterproof over-trousers	Craghoppers: Ascent Overtrousers		
2 fleece tops or similar	Craghoppers: Strata, Vector Hooded Jackets and Half Zip Tops		
2-3 t-shirts (thermal optional)	Craghoppers: Fusion T-shirt		
2 walking trousers (warm, NOT jeans)	Craghoppers: Traverse Trousers		
1 pair shorts (if appropriate)			
Underwear			
Nightwear			
Flipflops/sandals (optional for camp site use)			
Warm hat and/or sunhat (as appropriate)			
1 pair gloves (if appropriate)			
1 pair gaiters (optional)			

## PERSONAL KIT

Item needed	Specific items we recommend	Got it	Packed it
Rucksack	Vango: Contour, Sherpa rucksacks		
Rucksack liner (or 2 strong plastic bags)	Lifeventure: Ultralight Dry Bags (2/5/10/15/25/35/55/75L) and Compression Sacks (5/10/15L)		
Sleeping bag	Vango: Nitestar, Latitude, Ultralite Pro sleeping bags		
Sleeping mat	Vango: Single Trek, Dreamer mats		
Waterproof bag	Lifeventure: Ultralight Dry Bags		
Sleeping bag liner (optional)	Lifeventure: Cotton sleeping bag liners		
Whistle	Lifesystems: Safety, Echo, Hurricane whistles		
Torch (handheld or head torch and spare batteries)	Lifesystems: Intensity 230, Intensity 155 head torches		
Personal first aid kit	Lifesystems: Camping, Trek, Blister, Waterproof first aid kits Visit <a href="http://DofE.org/shopping/safety">DofE.org/shopping/safety</a> for info		
Expedition food (including emergency rations)	Wayfayrer ready to eat, Firepot dehydrated expedition food packs Get advice at <a href="http://DofE.org/shopping/food">DofE.org/shopping/food</a>		
Water bottle	Lifeventure: Tritan Flask (1000ml), Tritan Flip Top Bottle (750ml), Tritan Bottle (650ml)		
Cutlery	Lifeventure: Stainless steel, Ellipse, Titanium knife, fork and spoon sets		
Plate/bowl	Lifeventure: Stainless steel camping bowl, camping plate, Titanium plate, Ellipse plate, bowl, collapsible bowl,		

\* 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.

Item needed	Specific items we recommend	Got it	Packed it
<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)

Item needed	Specific items we recommend	Got it	Packed it
<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 0.3/0.5/1.0L		
<b>Cooking pans</b>	Included with Trangia stoves		
<b>Scourers</b>			
<b>Tin opener</b> (if required)			
<b>Tea towels</b>			
<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		

### ADDITIONAL OPTIONAL KIT (for you to consider)

Item needed	Specific items we recommend	Got it	Packed it
<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</b> (lid/cutting board)	Trangia: Multidisc 25 series, Multidisc 27 series		
<b>Pre-packed expedition food</b>	Wayfayrer ready to eat, Firepot dehydrated 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</b> (pre-expedition)	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		