



Kit List

These are the items you will need when undertaking a DofE expedition. This is to be used as a GUIDE only. Quantities of some items depends on level and duration of expedition. For details of DofE Recommended Kit, visit www.DofE.org/go/expeditionkit. DofE participants and Leaders can get a great discount (participants = 15%) off expedition clothing and equipment at Cotswold Outdoor, the Recommended Retailer of Expedition Kit to the DofE. Find out more from www.DofE.org/go/cotswold

Clothing		
Got it	Packed it	Item needed
		Walking boots (broken in) Available to borrow
		2 pairs walking socks (sock liners optional)
		1 t shirts (thermal t shirt optional)
		1 fleece tops (jumpers)
		1 walking trousers (NOT jeans)
		Underwear
		Nightwear
		Sun hat or warm hat (depending on weather forecast)
		Sunblock / sun glasses / gloves (depending on weather forecast)
		Waterproof over-trousers Available to borrow
		Waterproof jacket Available to borrow
Personal Kit		
Got it	Packed it	
		Rucksack and liner (strong plastic bags) Available to borrow
		Sleeping mat Available to borrow
		Sleeping bag (with waterproof bag)
		Survival bag Available to borrow
		Torch (plus spare batteries)
		Emergency food rations
		Water bottle (1-2 litres)
		Cutlery and plate / bowl / mug
		Box of matches
		Wash kit and towel
Group Kit		
Got it	Packed it	
		Tent Available to borrow
		Stove and fuel Available to borrow
		Cooking pans (tin opener if needed) Available to borrow
		Scourers and tea towels
		Food
		Plastic bags (for rubbish etc)
		Toilet paper
		Map and map case Available to borrow
		Compass Available to borrow

Personal First Aid Kit <i>Available to borrow</i>		
Got it	Packed it	
		2 pairs disposable latex gloves
		Wrapped sterile unmedicated dressing (1 large, plus some small)
		Plasters / melolin squares
		Triangular bandage
		Antiseptic wipes
		Crepe bandage
		Safety pins
		Scissors (medical)
		Tweezers
		Microporous tape
		Blister plasters
		Chiropody felt
		Burns wound dressing
		Eye wash
		After-sun cream
		Insect repellent
		Spare boot laces
		Emergency light sticks (optional)
		Waterproof bags (optional)
<p>Participants should make the Expedition Supervisor, Assessor, other staff and team members aware of any relevant medical condition that may impact on their (or others') safety. Participants should also make people aware if they are allergic to anything, including antibiotics or any other medicine or drug. In discussion with their Expedition Supervisor, participants might also include in their personal first aid kit appropriate personal medication, painkillers, antiseptic cream, antihistamine/bite cream and rehydration tablets/sachets.</p>		