

## DofE Expedition Kit List

This kit list has been compiled with a great deal of expedition experience to support it. The following items will make your expeditions safer and more enjoyable. Remember that you can get 15% off at Cotswold Outdoor shops. As a group you may also be able to negotiate a discount with local outdoor retailers.

Item	Notes	Got It	Packed
<b>Personal Equipment</b>			
Rucksack	Approx. 60-65 litre capacity (according to body size). Ask a professional and get properly fitted for your rucksack. Allow room for group kit too, such as tents, stoves, fuel and food.		
Waterproof liner	Either with a roll top and fastening, a thick plastic bag (e.g. B&Q rubble sack) or several smaller waterproof bags. You must guarantee that your kit will stay dry. Your rucksack is almost certainly NOT waterproof.		
Large re-sealable plastic food bags	Useful for separating and storing clothes, containing food, disposing of rubbish and keeping your rucksack contents safe from water.		
Sleeping bag (3-season or comfort rating approx. - 5°C)	Consider weight and pack size when selecting. There are some good bags available for as little as £32 (with your 15% discount). There are also more expensive less-suitable bags! Make sure your sleeping bag is placed into a waterproof bag (as the stuff-sack is NOT waterproof).		
Sleeping bag liner (optional)	Cotton or silk. In cooler months, it will add to warmth considerably.		
Sleeping mat	Self-inflating mats are much more comfortable, whereas foam mats are much cheaper. Make sure it's thick enough to be comfortable for you.		
Head torch / torch	Ensure your batteries have plenty of life left in them.		
Spare batteries	For your torch, just in case it gets switched on in your rucksack.		
Water bottles (2)	You must be able to carry 2 litres of water, either in two separate 1-litre		

	bottles or in a hydration bladder system.		
Knife / fork / spoon	Or simply a 'Spork', which can serve as all three.		
Bowl/plate	Or a "Plowl", which can handle either soup or sandwiches.		
Mug	Should be sturdy and lightweight.		
Whistle	Should be kept handy and on your person at all times.		
Sunglasses (optional)	Must have UV protection and a hard case for carrying them in. Can be essential in hot bright conditions.		
Note pad and pen / pencil	Essential on the qualifying expedition to record evidence of your aim. Keep in a re-sealable waterproof bag.		
Small non-electronic game (optional)	Such as cards, chess, backgammon or UNO!!- try to bring a different one to your friends. Make sure it's portable and very lightweight.		
Emergency rations	High energy (bars of chocolate, Kendal mint cake).		
Money (optional)	Can be useful for a little treat AFTER the expedition has been completed.		
<b>Personal Clothing</b>			
Walking boots	Must be well-fitting, worn in, waterproof and providing ankle support.		
Walking socks (2 pairs)	Good walking socks are shaped & padded in areas of greatest pressure.		
T-shirts (2)	Two moisture-wicking short-sleeved base-layer tops (e.g. sports tops).		
Thermal top	Long sleeved warm base-layer top, useful for warmth day and night.		
Thermal leggings	Useful for warmth during the day and at night.		
Walking trousers	At least one pair of comfortable, lightweight and quick-drying trousers.		
Fleece tops (2)	One light weight (micro-fleece), one medium weight. It's hard to beat fleece for warmth, lack of weight and quick-drying capability.		
Waterproof jacket	Must be waterproof, windproof and breathable.		

Waterproof trousers	Must be waterproof, windproof and breathable.		
Warm hat	Fleece or wool works best, as it works well even when wet.		
Pair of gloves	Fleece or wool works best, as it works well even when wet.		
Underwear			
Nightwear	According to season and temperatures.		
Bandana / sun hat (optional at times)	Essential on hot days. Make sure it will protect your neck.		
Pair of trainers, sandals or crocs (optional)	Can be nice to have on in the evening at camp if you find your boots a bit much after walking all day. Going barefoot is not permitted.		
<b>Group Equipment - Some equipment can be shared out amongst the group.</b>			
<b>Please make sure that as a group you bring the following items:</b>			
Emergency phones	Two fully charged mobile phones on different networks. Keep them in sealed waterproof bags and only use them if circumstances dictate.		
Watches	Essential for accurate navigation. You should have at least a couple in your group. Preferably water-resistant and with a stopwatch function.		
Camera (optional)	Remember to charge it fully beforehand. Useful for recording evidence for you aim as well as documenting your trip.		
Survival bags	At least one survival bag per group.		
Small packet of nappy sacks	Useful for rubbish disposal.		
Small sewing kit	Basically, some thread and a couple of needles in case your kit breaks.		
Duct tape	A small roll will suffice - great for repairing rips in tents. Worth having a couple of different types.		
Insect repellent	Maximum 50% DEET.		
Sun cream	Essential protection from the sun's rays. Factor 30 or above. On very hot expeditions, you may need more than one bottle to cover the group.		



Small bottle of moisturiser or after-sun lotion (optional)	Essential during hot periods in case of exposure to too much sun.		
Matches	In a waterproof container / re-sealable bag. More reliable than a lighter.		
Scouring pads	Make cleaning pans and stoves much easier.		
Bottle of all-purpose biodegradable soap	Useful for everything from washing up to washing hair.		
Toilet rolls / tissues	In a waterproof bag.		
<b>Personal Wash Kit and Med Kit</b>			
Any usual medication	Please make sure your medical records held at the school are up to date.		
Small packet of wet wipes			
Toothbrush (with protective cover)			
Tube of toothpaste	How much toothpaste do you need for a few days? A small tube will do.		
<b>Group First Aid Kit</b>			
<b>As a group, it is useful to have a first aid kit with the following items:</b>			
Vinyl gloves	At least 2 pairs, latex free.		
Large wound dressings x 2	10cm x 10cm		
Small wound dressings x 4	5cm x 5cm		
Burns dressings x 2			
Crepe bandages x 2	Individually wrapped.		
Blister plasters x 2 packs	e.g. Compeed or similar		
Pack assorted plasters	Various sizes and various types (waterproof, fabric, etc).		
Antiseptic wipes x 6	Individually wrapped.		
Micropore tape	One roll.		
Anti-histamine (bite cream)	If you suffer from allergic reactions, make sure you also have you own personal supply.		
Antiseptic cream	A small tube will suffice.		
Packet of throat sweets	Non-medicated variety.		
Safety pins x 6			
Medical scissors	One pair.		
Tweezers	One pair.		