



This list is a GUIDE to the items you may need when doing 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 in-store boot and rucksack **fittings available**.  
Your card is in your DofE Welcome Pack or download your personalised Digital DofE Card from eDofE or the DofE app. Go to [DofE.org/shopping/card](http://DofE.org/shopping/card) for full details.

Item needed	Specific items we recommend	Got it	Packed it
<b>1 pair of walking boots</b> (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, Raven Mid WP		
<b>2 pairs of walking socks</b>	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		
<b>2 pairs of sock liners</b> (optional)	Bridgedale: LINERS Base Layer Coolmax Liner		
<b>Jacket/coat</b> (waterproof and windproof)	Craghoppers: Orion, Atlas, Explore Waterproof Jackets		
<b>Waterproof over-trousers</b>	Craghoppers: Ascent Overtrousers		
<b>2 fleece tops or similar</b>	Craghoppers: Stromer, Mannix Hooded Jackets and Half Zip Tops		
<b>2-3 t-shirts</b> (thermal optional)	Craghoppers: Atmos T-shirt		
<b>2 walking trousers</b> (warm, NOT jeans)	Craghoppers: Verve Trousers and Velocity Tights		
<b>1 pair shorts</b> (if appropriate)	Craghoppers: Verve Shorts		
<b>Underwear</b>			
<b>Nightwear</b>			
<b>Flip flops/sandals</b> (optional for camp site use)			
<b>Warm hat and/or sunhat</b> (as appropriate)			
<b>1 pair gloves</b> (if appropriate)			
<b>1 pair gaiters</b> (optional)			

### PERSONAL KIT

Item needed	Specific items we recommend	Got it	Packed it
<b>Rucksack</b>	Vango: Contour, Sherpa rucksacks		
<b>Rucksack liner</b> (or 2 strong plastic bags)	Lifeventure: Ultralight Dry Bags (2/5/10/15/25/35/55/75L) and Compression Sacks (5/10/15L)		
<b>Sleeping bag</b>	Vango: Nitestar, Latitude, Ultralite Pro, Olympus Pro sleeping bags		
<b>Sleeping mat</b>	Vango: Single Trek, Dreamer mats		
<b>Waterproof bag</b>	Lifeventure: Ultralight Dry Bags		

<b>Sleeping bag liner</b> (optional)	Lifeventure: Cotton sleeping bag liners		
<b>Whistle</b>	Lifesystems: Safety, Echo, Hurricane whistles		
<b>Torch</b> (handheld/head torch and spare batteries)	Lifesystems: Intensity 260, Intensity 155, Intensity 235 head torches		
<b>Personal first aid kit</b>	Lifesystems: Camping, Trek, Blister, Waterproof first aid kits Visit <a href="http://DofE.org/shopping/safety">DofE.org/shopping/safety</a> for info		
<b>Food</b> (including emergency rations)	Wayfayrer: ready to eat expedition food Firepot: dehydrated expedition food Get advice at <a href="http://DofE.org/shopping/food">DofE.org/shopping/food</a>		
<b>Water bottle</b>	Lifeventure: Tritan Flask (1000ml), Tritan Flip-Top Bottle (750ml), Tritan Bottle (650ml)		
<b>Cutlery</b>	Lifeventure: Stainless steel, Ellipse, Titanium knife, fork and spoon sets		
<b>Plate/bowl</b>	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.

**Continued over...**

...continued

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: Stormproof 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: Mountain 50 suncream, Mountain Combi Stick SPF50+		
<b>Towel</b>	Lifeventure: Soft Fibre Lite towels (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>	Vango Trek Pro range: Banshee, Pulsar, Halo, Omega, Tempest, Mirage, Cairngorm tents Vango Experience range: 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</b> (in an appropriate and safe container)	Trangia: Fuel bottles (0.3/0.5/1L)		
<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 maps (standard or weatherproof)		
<b>Compass</b>	Silva: Classic, Field, Ranger, Expedition 4 compasses		
<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 blankets		

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

Item needed	Specific items we recommend	Got it	Packed it
Head/Neck Scarf	Buff: <b>The Original Multifunctional Headwear</b>		
Hydration pack	Vango: 2L Hydration pack		
Storm shelter	Vango: Storm shelters		
Stove multidisc (lid/cutting board)	Trangia: Multidisc 25 series, Multidisc 27 series		
Pre-packed expedition food	Wayfayrer: ready to eat expedition food Firepot: dehydrated expedition food		
Small pocket tool			
After-sun cream			
Sunglasses			
Insect repellent	Lifesystems: Expedition 50 PRO, Expedition Natural 40 insect repellents, Bite and Sting Relief		
Stopwatch			
Waterproofing (pre-expedition)	Nikwax: Tech Wash Cleaner, TX.Direct Wash-in Reproofer, Footwear Cleaning Gel, Waterproofing Wax for Leather, Fabric and Leather Proof, Nubuck and Suede Proof, Tent and Gear Solarproof, Tent and Gear Solarwash		
String			
Spare boot laces			
Ball, playing cards etc.			
Mosquito net	Lifesystems: MicroNet Single Mosquito Net		
Emergency lightsticks	Lifesystems: 15h Light Sticks, 8hr Light Sticks		
Water purifying tablets	Lifesystems: Chlorine Dioxide tablets		

The Duke of Edinburgh's Award is a Registered Charity No: 1072490, and in Scotland No: SC038254, and a Royal Charter Corporation No: RC000806. Registered Office: Gulliver House, Madeira Walk, WINDSOR, Berkshire SL4 1EU DofE.org 01/04/21/LJ

THE ITEMS HIGHLIGHTED IN **RED**  
WILL BE PROVIDED BY THE  
SCHOOL.

Please speak to your leader to confirm if all these items will be need for your expedition as we don't wish you to incur unnecessary expense.