# **DofE expedition kit tips:**

# PACK YOUR RUCKSACK

Use a dry bag or rubble sack to line your rucksack to keep everything dry.





**Head torch** 

Pack evening essentials such as

can find them easier in the dark.

batteries or chargers together so you

Lifesystems Intensity 155 Head Torch

## Sun protection

Store in a sealable bag to avoid leakage and keep near the top or in a pocket to regularly reapply.

Lifesystems Mountain Factor 50 Sun Protection



Double-bag fuel canisters in a sealable bag and store vertically to avoid spillage.

Trangia Fuel



Waterproof jacket and trousers

your kit. Remember last in first out.

**Craghoppers Atlas Jacket** 

and Ascent Overtrousers

Fleeces are lightweight

the top as temperatures can change quickly.

**Craghoppers Mannix** Fleece Jacket

Ensure the heaviest kit

is close to your back and balanced on each side.

Vango Banshee 300 Tent

and dry quickly. Keep near

Pack your bag in the order you will want





# Survival bag

Use up any gaps to help keep kit stable in the bag.

### Lifesystems Survival Bag



Clean and dry thoroughly, then place close to your back to maintain your centre of gravity.

Trangia 25-1UL Stove

Sleeping mat Try to get all your kit inside your bag. If you have a large roll mat, you can tie it securely to the outside.

Vango Trek Sleeping Mat



## Spare clothing

Push spare clothes to the bottom of the to fill the space available.

**Craghoppers Atmos T-Shirt** 



Sleeping bag Keep your sleeping bag dry by placing inside a waterproof bag inside your rucksack.

Vango Latitude Sleeping Bag



## First Aid

Keep your first aid kit in the same place and easy to hand. Store small items you might need during the day in the top.

Lifesystems Trek First Aid Kit



rucksack transfers the weight of your kit to your hips and not on your shoulders.

Vango Sherpa 60:70



## Wash kit

Lifeventure Travel Wash Bag

Rucksack



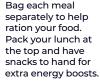
# Eating/drinking

Plastic or titanium camping gear are lightweight, won't break and easy to clean.

Lifeventure Ellipse Mug and Plate



# Lunch/food



Wayfayrer **Expedition Food** 



Always take at least two pairs of socks and ideally one set for each day. Pack to keep dry.

Bridgedale Men's Ultralight Merino Performance Boot SocksBoot Socks



Lifeventure Travel Towel







the official DofE Expedition Kit List, can be found at DofE.org/shopping

More advice on how to save weight and waterproof your kit, as well as





















