

DofE expedition kit tips:

GET A GOOD NIGHT'S SLEEP

THE SLEEPING BAG

Synthetic or down?

Synthetic: cheaper and offers more insulation when wet – but is considerably heavier.

Down: lightweight, compact and offers better insulation – but more expensive than synthetic and must be kept dry.

Shape and size

Look for a mummy shaped sleeping bag as the snug shape will help to trap heat and keep you warmer.

Vango Ultralite Pro Sleeping Bag

Vango Latitude Sleeping Bag



Extra protection

A liner protects the interior of your sleeping bag from sweat, sunscreen, body oils, dirt, and mud. With this protection in place, you can launder your bag less, which means that it will last longer (a great money-saving hack!) Also great if you are borrowing a sleeping bag.

Lifesystems Cotton Sleeping Bag Liner

Extra comfort

Camping mats act as a protective barrier between your sleeping bag and the ground. It will also help insulate your body and keep the cold from the ground away from your body.

Vango Trek Sleeping Mat



Multipurpose kit

Roll up your some of your clothes and put them in a dry bag – voila – a makeshift pillow!

Lifeventure Dry Bags



Check the rating

Most sleeping bags are rated by season, so consider when your expedition is when picking your sleeping bag.

1+2 lightweight, compact, and ideal for use in summer months.

3 for use in early spring to late autumn.

4+5 thick sleeping bags, for use in winter or extreme cold conditions.

TIP: A 3 season bag should be fine for any Award level.

THE SETUP

Picking your tent

Look out for something with a porch to store your boots and pack at night plus good ventilation to stop condensation building up inside the tent.

Vango Nevis Tent

Location matters

A sheltered site away from overhanging trees is ideal but if you have to pitch in the open point the tail of the tent directly into the wind to make it easier to access the tent and prevent any undue stress on the poles.

Pitch perfect

The perfect pitch will have flat, dry ground and not too many rocks or tree roots which can make it hard to peg out your tent.

Keep unwanted pests away

Flies and bugs are attracted to light in the darkness, and if you have an unzipped tent door for ventilation or star gazing, you may want to turn out any lights.

Lifesystems Mosquito Repellent

Lifesystems Mosquito Net



More advice on how to get a good night's sleep, as well as the official DofE Expedition Kit List, can be found at DofE.org/shop

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