

DofE expedition kit tips:

PACK YOUR RUCKSACK

Liner

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

Lifeventure Dry Bags



Survival bag

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

Lifesytems Survival Bag



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



Lunch/food

Bag each meal separately to help ration your food. Pack your lunch at the top and have snacks to hand for extra energy boosts.

Wayfayer Expedition Food

Socks

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 Socks



Sleeping bag

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

Vango Latitude Sleeping Bag



Towel

Lifeventure Travel Towel



Eating/drinking

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

Lifeventure Ellipse Mug and Plate



Rucksack

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

Vango Sherpa 60:70 Rucksack



Wash kit

Lifeventure Travel Wash 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.

Lifesytems Trek First Aid Kit

Tent

Ensure the heaviest kit is close to your back and balanced on each side.

Vango Banshee 300 Tent



Mid layers

Fleeces are lightweight and dry quickly. Keep near the top as temperatures can change quickly.

Craghoppers Mannix Fleece Jacket



Waterproof jacket and trousers

Pack your bag in the order you will want your kit. Remember last in first out.

Craghoppers Atlas Jacket and Ascent Overtrousers



Fuel

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

Trangia Fuel



Sun protection

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

Lifesytems Mountain Factor 50 Sun Protection



Head torch

Pack evening essentials such as batteries or chargers together so you can find them easier in the dark.

Lifesytems Intensity 155 Head Torch



Stove

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

Trangia 25-1UL Stove



More advice on how to save weight and waterproof your kit, as well as the official DofE Expedition Kit List, can be found at DofE.org/shop

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