

EXPEDITION KIT LIST



updated April 2025
(replaces all previous versions)

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/shop/dofe-expedition-kit-guide/ and visit DofE.org/shop/dofe-recommended-kit/

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
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For details on how to sign up for your Digital and Physical DofE Card either:

- See information in your DofE Welcome Pack.
- Login to eDofE or the DofE app.
- Visit one of our recommended retailer stores.

*Terms and conditions apply. Go to DofE.org/shop/card/ for full details.

CLOTHING

| Item Needed | Specific items we recommend | Got it | Packed it |
|---|---|--------|-----------|
| 1 pair of walking boots (broken in) | Hi-Tec: Eurotrek Lite WP, Aysgarth WP, Summit WP, V-Lite Explorer WP, Ravine WP, Raven Mid WP, V-Lite Reflex WP, Jackdaw WP, Bandera Expedition WP and Fuse Trek Mid WP | | |
| 2 pairs of walking socks | 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 Comfort | | |
| 2 pairs of sock liners (optional) | Bridgedale: LINERS Base Layer Coolmax Liner | | |
| Jacket/coat (waterproof and windproof) | Craghoppers: Vanth and Ossus Waterproof Jackets | | |
| Waterproof overtrousers | Craghoppers: Ascent Overtrousers | | |
| 2 fleece tops or similar | Craghoppers: Tarvos, Esk and Travos Hooded Jackets and Half Zip Fleece | | |
| 2-3 t-shirts (thermal optional) | Craghoppers: Charon or Ellie T-Shirt | | |
| 2 walking trousers (warm, NOT jeans) | Craghoppers: Brisk and Mimas Trousers and Alex Leggings | | |
| 1 pair of shorts (if appropriate) | Craghoppers: Brisk Shorts | | |
| Underwear | | | |
| Nightwear | | | |
| Flip flops/sandals (optional for camp site use) | | | |
| Warm hat and/or sunhat (as appropriate) | | | |
| 1 pair of gloves (if appropriate) | | | |
| 1 pair of gaiters (optional) | | | |

PERSONAL KIT

| Item Needed | Specific items we recommend | Got it | Packed it |
|---|---|--------|-----------|
| Rucksack | Vango: Contour, Sherpa, Summit and Denali Pro rucksacks | | |
| Rucksack liner (or 2 strong plastic bags) | Lifeventure: Ultralight Dry Bags (2/5/10/15/25/35/55/75L) and Compression Sacks (5/10/15L) | | |
| Sleeping bag | Vango: Nitestar, Latitude, Ultralite Pro, Olympus Pro, Zenith, Microlite, Stratos and Mantis | | |
| Sleeping mat | Vango: Trek Pro, Single Trek, Dreamer mats | | |
| Waterproof bag | Lifeventure: Ultralight Dry Bags | | |
| Sleeping bag liner (optional) | Lifeventure: Cotton sleeping bag liners | | |
| Whistle | Lifesystems: Safety, Echo, Hurricane whistles | | |
| Torch (handheld/head torch and spare batteries) | Lifesystems: Intenisty 580, Intensity 300 and Intensity 155 head torches | | |
| Personal first aid kit | Lifesystems: Camping, Trek, Blister, Waterproof first aid kits. Visit DofE.org/shopping/safety | | |
| Food (including emergency rations) | Wayfayrer: ready to eat expedition food Radix: dehydrated meals and breakfasts Get advice at DofE.org/shopping/food | | |
| Water bottle | Lifeventure: Tritan Flask (1000ml), Tritan Flip-Top Bottle (750ml), Tritan Bottle (650ml) | | |
| Cutlery** | Lifeventure: Stainless steel, Ellipse, Titanium knife, fork and spoon sets | | |
| Plate/bowl | Lifeventure: Stainless steel camping bowl, camping plate, Titanium plate, Ellipse plate, bowl, collapsible bowl | | |

Continued over...



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* This discretionary discount is not to be used in conjunction with any other offers or discounts. Please visit DofE.org/shopping/card/ for full terms and conditions.

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| Item Needed | Specific items we recommend | Got it | Packed it |
|---|---|--------|-----------|
| Mug | Lifeventure: Stainless steel, Titanium, Ellipse mugs | | |
| Box of matches (in waterproof container) | Lifesystems: Stormproof matches | | |
| Wash kit/personal hygiene items (some items could be shared as a group) | Lifeventure: Wash bag (small), All-purpose soap, Dry wash gel | | |
| Sunblock | Lifesystems: Mountain 50 sunscreen, Mountain Combi Stick SPF50+ | | |
| Towel | Lifeventure: Recycled Soft Fibre Towel (large, x-large, giant) | | |
| Small quantity of money (optional) | | | |
| Notebook and pen/pencil | | | |
| Watch | | | |

GROUP KIT (To carry between the team)

| Item Needed | Specific items we recommend | Got it | Packed it |
|--|---|--------|-----------|
| Tent(s) | Vango Trek Tents: Nevis, Scafell, Helvellyn, Nova, Banshee Vango Trek Pro: Apex Compact, Apex Geo, Halo, Omega, Cairngorm, Braemar | | |
| Camping stove(s) | Trangia: 25 and 27 series, Gas burner, Liquid fuel burner Vango: Folding gas stoves | | |
| Camping stove fuel*** (in an appropriate and safe container) | Trangia: Fuel bottles (0.3/0.5/1L) | | |
| Cooking pans | | | |
| Scourers | | | |
| Tin opener (if required) | | | |
| Tea towels | | | |
| Plastic bags (for rubbish etc.) | | | |
| Toilet paper and trowel | | | |
| Maps (1:25 000/1:50 000) | Ordnance Survey: Explorer, Landranger maps (standard or weatherproof) | | |
| Compass | Silva: Classic, Field, Ranger, Expedition 4 and Starter 123 compasses | | |
| Map cases | Silva: Waterproof Map Case Medium, Waterproof Lite Map Case Medium | | |
| Camera (optional) | | | |
| Tick remover (location dependent - ask your Supervisor) | | | |
| Survival bag | 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 | | | |
| 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 Radix: dehydrated meals and breakfasts | | |
| Small pocket tool** | | | |
| After-sun cream | | | |
| Sunglasses | | | |
| Insect repellent | Lifesystems: Expedition 50 PRO and Expedition Natural insect repellents | | |
| 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 | | | |
| Walking poles | Vango: Pico, Camino and Kesugi walking poles | | |
| Mosquito net | Lifesystems: MicroNet Single Mosquito Net | | |
| Light Sticks | Lifesystems: 15h Light Sticks, 8hr Light Sticks, Intensity Glow Marker | | |
| Water purifying tablets | Lifesystems: Chlorine Dioxide tablets | | |

** It is against the law to sell a knife to anyone under the age of 18 (unless it has a manual folding blade less than 3 inches long) and to use any knife in a threatening way.

*** It is against the law to sell a substance with butane as a constituent part to any person under the age of 18.



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