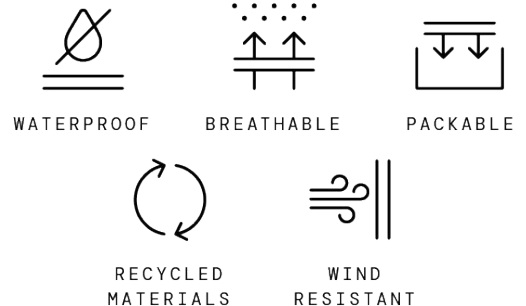


DofE expedition kit tips:

WHAT TO WEAR

FABRICS

- Lightweight fabrics help regulate body temperature and allow moisture to escape.
- Wind resisting material blocks wind from penetrating the garment, reducing the effects of wind chill.
- Waterproof fabric provides a moisture barrier for guaranteed dryness.
- Stretchy fabric offers a greater range of motion and comfort.
- Sun protection is given by a combination of three things: the density of the fabric, the type of yarns and the colour.
- Moisture control effectively moves moisture away from the skin, keeping you cool on the move and fresh in humidity.



WATERPROOFS

Waterproofs are an important part of your expedition and keep out rain, wind and cold.

Good waterproofs are lightweight and breathable, so you stay free of moisture inside your jacket.

Choose a jacket with a front zip for easy removal. You can wear waterproof trousers over your normal walking clothes. Choose a pair with wide legs to slip on over your walking boots.

- Craghoppers Men's Waterproof Atlas Jacket
- Craghoppers Men's Atmos Short Sleeved T-shirt
- Craghoppers Men's Verve Trousers
- Craghoppers Ascent Over Trousers



LAYERING

When packing for your expedition, you want your clothes to be easy to layer, as this allows you to warm up and cool down quickly and, more importantly, incrementally.

The clothing you bring needs to be quick to dry, breathable and light.

Synthetics and merino wool are the best materials for this, as are clothes made of football-shirt material.

- Craghoppers Women's Mannix Fleece Jacket
- Craghoppers Women's Fusion Base T-shirt
- Craghoppers Women's Velocity Tights

WALKING BOOTS AND SOCKS

Make sure to invest in a good pair of boots if you plan to use them frequently, but don't overspend if you plan on hanging them up after your expedition!

Fabric boots are lighter, cheaper, and a good option if your feet are still growing.

Leather walking boots will cost you more than fabric boots, but they are usually sturdier and longer-lasting.



Good walking socks will help your feet stay dry and ventilated, reducing the risk of fungal infection while keeping your toes warm.

- Bridgedale Men's Ultralight Merino Performance Boot Socks

- Bridgedale Women's Ultra Light Merino Performance Boot Liners

- Hi-tec Men's Eurotrek Lite WP Walking Boots
- Hi-tec Bandera Lite WP Women's Walking Boots

More advice on what to wear for your expedition, as well as the official DofE Expedition Kit List, can be found at DofE.org/shopping

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