

# DofE expedition kit tips:

# HEALTH AND HYGIENE

## Sun protection

Protect your skin against harmful UV rays with a sweat resistant, high SPF sunblock. Reapply often, even on overcast days.

**Lifesystems Mountain Formula SPF50**

## Insect repellents

It's inevitable that you'll come into contact with bugs and insects while on expedition. Prevent yourself from being bitten or stung with a strong, effective repellent.

**Lifesystems Mosquito Repellent**

## Tick remover

If you have a tick, you'll want to remove it as quickly as possible and remove all parts of its body - including the head.

**Lifesystems Tick Remover**

## Water purification tablets

Ensure your water is safe to drink by disinfecting it with chlorine tablets. Helping to kill harmful bacteria, viruses and cysts; there's no noticeable aftertaste either.

**Lifesystems Chlorine Tablets**

## Water bottle

Hydration is key on expedition and you'll need at least 2L of water a day. Choose a water bottle that holds a sufficient amount of water, is lightweight, watertight, and impact resistant.

**Lifeventure Tritan Bottle**

## First aid kit

Keep safe and protected in the outdoors by bringing along a personal first aid kit. Including all the necessary items for sprained ankles, cuts, bites, grazes, blisters and more.

**Lifesystems Trek First Aid Kit**



## Travel wash bag

Keep your toiletries well organised with a compact, multi-functional washbag. Perfect for separating wet and dry gear, locating items much faster in your rucksack and also helping save on space.

**Lifeventure Travel Wash Bag**



## Biodegradable Soap

Travel light with an all-in-one antibacterial detergent. Ideal for hair, body, the dishes, fabrics and even fresh food. Lathers well in fresh or brackish water.

**Lifeventure All Purpose Soap**



## Dry gel wash

Avoid illness by using an anti-bac dry wash after going to the loo or before preparing food. Requires no water and it's pH-balanced to stop your skin drying out.

**Lifeventure Dry Wash**



## Dental hygiene

Freshen up with an environmentally-friendly non-fluoride toothpaste (if possible). "Minis" are available in most supermarkets/drug stores. Saves on space and money.

## Period products

It may not be at the forefront of your mind when packing for expedition, but ensure you're prepared in case your period does start. Tip: Bring some waterproof, disposable bags to carry period products in.



## Microfibre towel

Keep your body dry and clean to prevent rashes, chaffing and risk of spreading harmful bacteria. Microfibre towels more effective than cotton towels, including being ultra-compact, lightweight and highly absorbent.

**Lifesystems SoftFibre Lite Towel**



More advice on how to keep clean and healthy, as well as the official DofE Expedition Kit List, can be found at [DofE.org/shopping](https://DofE.org/shopping)

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