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.

**Lifesystems 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**

**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 Boot Socks**

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

**Vango Latitude Sleeping Bag**

**Fuels**
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.

**Lifesystems 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.

**Lifesystems 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**

**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**

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

**Craghoppers Mannix Fleece Jacket**

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

**Vango Banshee 300 Tent**

**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.

**Lifesystems Trek First Aid Kit**

**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

**Eating/drinking**
Plastic or titanium camping gear are lightweight, won’t break and easy to clean.

**Lifeventure Ellipse Mug and Plate**

**Towel**
Lifeventure Travel Towel

**Spare clothing**
Push spare clothes to the bottom of the to fill the space available.

**Craghoppers Atmos T-Shirt**

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

**Trangia Fuel**

**Survival bag**
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**Lifesystems Survival Bag**

**Wheels**
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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/shopping

Save at least 10%, and often more, in over 200 stores and online

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