

# DofE expedition kit tips:

# WATERPROOF & WEATHERPROOF

## RAIN AND WIND

### Waterproof jacket

A lightweight but waterproof jacket will keep out the rain and wind with waterproof zips and coatings.

#### Craghoppers Atlas Jacket



### Spare socks

Change into dry socks when arriving at camp. This will help prevent blisters.

#### Bridgedale Women's Hike Midweight Merino Endurance Boot



### Waterproof overtrousers

Overtrousers with long zips and adjustable ankles can be put on quickly at the first sign of rain.

#### Craghoppers Ascent Overtrousers



### Waterproof walking boots

Choose waterproof walking boots that have a good grip for uneven terrain and provide a sturdy defense against the elements.

#### Hi-Tec Eurotrek Lite WP

### Cleaning

Use a specially designed waterproofer for wet weather clothing. Machine or hand wash.

#### Nikwax Tech Wash



### Proofing

Treat your tent, rucksack and other equipment with proofer to add water repellency, increase fabric strength and protect against UV deterioration.

#### Nikwax Tent & Gear Solarproof



### Rucksack cover

Many rucksacks have a detachable rain cover included to keep your rucksack dry and aid visibility in low light. If your rucksack doesn't have a rain cover you will need to buy one.

#### Vango Rain Cover



### Dry bags

Keep your kit organised and dry. Pack similar kit together to make it easy to find, such as clothing or food.

#### Lifeventure Dry Bags



### Fleece

A full zip fleece is easy to put on and take off when the weather changes. Including an adjustable hem and hood, it's both comfortable and practical.

#### Craghoppers Mannix Fleece



## HOT AND COLD

### Water bottle

Ensure you drink plenty of fluids frequently throughout the day, especially in hot weather. Take at least two litres with you per day.

#### Vango Hydration Pack 2L Lifeventure Tritan Flask 1L



### Sun cream

A sweat resistant high SPF sun cream will help protect you from UV rays. Reapply regularly throughout the day even in overcast conditions.

#### Lifesystems Mountain Formula SPF50



### Technical t-shirt

Look for fabrics that wick moisture away from your body, ideal for when you are hot and sweaty.

#### Craghoppers Atmos T-Shirt

## SURVIVAL

### Storm shelter

Enjoy lunch in a warm, dry place on a rainy day. For more extreme situations, the bright colour and reflective tape will make you more visible.

#### Vango Storm Shelter



### Survival whistle

Attract attention and let others know your location in heavy fog, rain, or if you are in distress.

#### Lifesystems Safety Whistle



### Torch

Head torches leave both hands free to put boots on, tie tent strings and find kit in your bag.

#### Lifesystems Intensity 155 Head Torch

### Insect repellent

Protect against biting insects in all environments – especially ankles and lower legs.

#### Lifesystems Expedition 50 Pro DEET Insect Repellent



### Chlorine tablets

Treats and purifies up to 30 litres of water with no residual taste or odour.

#### Lifesystems Chlorine Dioxide Water Purification Tablets

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

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