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

- **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

- **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

- **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

**HOT AND COLD**

- **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

- **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

- **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

- **Chlorine tablets**
  Treats and purifies up to 30 litres of water with no residual taste or odour.
  Lifesystems Chlorine Dioxide Water Purification Tablets

- **Insect repellent**
  Protect against biting insects in all environments – especially ankles and lower legs.
  Lifesystems Expedition 50 Pro DEET Insect Repellent

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

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

Find everything for your next expedition at one of our five recommended retailers in store or online. Find your nearest store at DofE.org/shopping/storefinder. Kit items shown are examples only. Always follow the advice and training of your DofE expedition supervisor. The Duke of Edinburgh’s Award is a Registered Charity No. 1072490, and in Scotland No: SC038254, and a Royal Charter Corporation No. RC000806. DofE.org

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