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 is pH-balanced to stop your skin drying out.

Lifeventure Dry Wash

Dental hygiene
Freshen up with a 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/shop**

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