

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 Vanth 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

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

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 waterproof 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



HOT AND COLD

Fleece

A half 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 Esk 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 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 Charon 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



Chlorine tablets

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

Lifesystems Chlorine Dioxide Water Purification Tablets



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

More advice on how to keep warm and dry, as well as the official DofE Expedition Kit List, can be found at DofE.org/shop

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