EXPEDITION KIT LIST

updated **January 2025**
(replaces all previous versions)

This list is a GUIDE to the items you may need when doing a DofE expedition. We only recommend items that are suitable for DofE expeditions and good value for money. There is no obligation to buy the specific items we recommend. However, the DofE charity receives a royalty from sales of DofE Recommended Kit which helps to support our work with young people.

Remember, your DofE Expedition Supervisor will have the final say on the suitability of the kit required for your expedition.

For more information read our free DofE Kit Guide at **DofE.org/shop/dofe-expedition-kit-guide/** and visit **DofE.org/shop/dofe-recommended-kit/**

DofE Card

Save at least 10%, or more*, with your DofE Card at our five DofE Recommended Retailers: GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso.

- Participants and parents – 10% or more
- Leaders and volunteers – 15% or more

For details on how to sign up for your Digital and Physical DofE Card either:
- See information in your DofE Welcome Pack.
- Login to eDofE or the DofE app.
- Visit one of our recommended retailer stores.

*Terms and conditions apply. Go to **DofE.org/shop/card/** for full details.

CLOTHING

Item Needed	Specific items we recommend	Got it	Packed it
1 pair of walking boots (broken in)	Hi-Tec: Eurotrek Lite WP, Aysgarth WP, Summit WP, V-Lite Explorer WP, Ravine WP, Raven Mid WP, V-Lite Reflex WP, Jackdaw WP, Bandera Expedition WP and Fuse Trek Mid WP		
2 pairs of walking socks	Bridgedale: HIKE range Men's and Women's: Midweight, Lightweight and Ultralight Merino Performance, Midweight and Lightweight Merino Comfort, Lightweight and Ultralight Coolmax Performance, Junior Merino Comfort		
2 pairs of sock liners (optional)	Bridgedale: LINERS Base Layer Coolmax Liner		
Jacket/coat (waterproof and windproof)	Craghoppers: Vanth and Ossus Waterproof Jackets		
Waterproof overtrousers	Craghoppers: Ascent Overtrousers		
2 fleece tops or similar	Craghoppers: Tarvos, Esk and Travos Hooded Jackets and Half Zip Fleece		
2-3 t-shirts (thermal optional) 2 walking trousers (warm, NOT jeans)	Craghoppers: Charon or Ellie T-Shirt Craghoppers: Brisk and Mimas Trousers and Alex Leggings		
1 pair of shorts (if appropriate)	Craghoppers: Brisk Shorts		
Underwear			
Nightwear			
Flip flops/sandals (optional for camp site use)			
Warm hat and/or sunhat (as appropriate)			
1 pair of gloves (if appropriate)			
1 pair of gaiters (optional)			

PERSONAL KIT

Item Needed	Specific items we recommend	Got it	Packed it
Rucksack	Vango: Contour, Sherpa, Summit and Denali Pro rucksacks		
Rucksack liner (or 2 strong plastic bags)	Lifeventure: Ultralight Dry Bags (2/5/10/15/25/35/55/75L) and Compression Sacks (5/10/15L)		
Sleeping bag	Vango: Nitestar, Latitude, Ultralite Pro, Olympus Pro, Zenith, Microlite, Stratos and Mantis		
Sleeping mat	Vango: Trek Pro, Single Trek, Dreamer mats		
Waterproof bag	Lifeventure: Ultralight Dry Bags		
Sleeping bag liner (optional)	Lifeventure: Cotton sleeping bag liners		
Whistle	Lifesystems: Safety, Echo, Hurricane whistles		
Torch (handheld/head torch and spare batteries)	Lifesystems: Intenisty 580, Intensity 300 and Intensity 155 head torches		
Personal first aid kit	Lifesystems: Camping, Trek, Blister, Waterproof first aid kits. Visit **DofE.org/shopping/safety**		
Food (including emergency rations)	Wayfayrer: ready to eat expedition food Radix: dehydrated meals and breakfasts Get advice at **DofE.org/shopping/food**		
Water bottle	Lifeventure: Tritan Flask (1000ml), Tritan Flip-Top Bottle (750ml), Tritan Bottle (650ml)		
Cutlery**	Lifeventure: Stainless steel, Ellipse, Titanium knife, fork and spoon sets		
Plate/bowl	Lifeventure: Stainless steel camping bowl, camping plate, Titanium plate, Ellipse plate, bowl, collapsible bowl		

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YOUTH WITHOUT LIMITS

* This discretionary discount is not to be used in conjunction with any other offers or discounts. Please visit DofE.org/shopping/card for full terms and conditions.

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Item Needed	Specific items we recommend	Got it	Packed it
Mug	Lifeventure: Stainless steel, Titanium, Ellipse mugs		
Box of matches (in waterproof container)	Lifesystems: Stormproof matches		
Wash kit/personal hygiene items (some items could be shared as a group)	Lifeventure: Wash bag (small), All-purpose soap, Dry wash gel		
Sunblock	Lifesystems: Mountain 50 suncream, Mountain Combi Stick SPF50+		
Towel	Lifeventure: Recycled Soft Fibre Towel (large, x-large, giant)		
Small quantity of money (optional)			
Notebook and pen/pencil			
Watch			

GROUP KIT (To carry between the team)

Item Needed	Specific items we recommend	Got it	Packed it
Tent(s)	Vango Trek Tents: Nevis, Scafell, Helvellyn, Nova, Banshee Vango Trek Pro: Apex Compact, Apex Geo, Halo, Omega, Cairngorm		
Camping stove(s)	Trangia: 25 and 27 series, Gas burner, Liquid fuel burner Vango: Folding gas stoves		
Camping stove fuel*** (in an appropriate and safe container)	Trangia: Fuel bottles (0.3/0.5/1L)		
Cooking pans			
Scourers			
Tin opener (if required)			
Tea towels			
Plastic bags (for rubbish etc.)			
Toilet paper and trowel			
Maps (1:25 000/1:50 000)	Ordnance Survey: Explorer, Landranger maps (standard or weatherproof)		
Compass	Silva: Classic, Field, Ranger, Expedition 4 and Starter 123 compasses		
Map cases	Silva: Map Case Medium		
Camera (optional)			
Tick remover (location dependent - ask your Supervisor)			
Survival bag	Lifesystems: Heatshield, Survival, Thermal bags, Thermal blankets		

ADDITIONAL OPTIONAL KIT (for you to consider)

Item Needed	Specific items we recommend	Got it	Packed it
Head/Neck scarf			
Hydration pack	Vango: 2L Hydration pack		
Storm shelter	Vango: Storm shelters		
Stove multidisc (lid/cutting board)	Trangia: Multidisc 25 series, Multidisc 27 series		
Pre-packed expedition food	Wayfayrer: ready to eat expedition food Radix: dehydrated meals and breakfasts		
Small pocket tool**			
After-sun cream			
Sunglasses			
Insect repellent	Lifesystems: Expedition 50 PRO and Expedition Natural insect repellents		
Stopwatch			
Waterproofing (pre-expedition)	Nikwax: Tech Wash Cleaner, TX.Direct Wash-in Reproofer, Footwear Cleaning Gel, Waterproofing Wax for Leather, Fabric and Leather Proof, Nubuck and Suede Proof, Tent and Gear Solarproof, Tent and Gear Solarwash		
String			
Spare boot laces			
Walking poles	Vango: Pico, Camino and Kesugi walking poles		
Mosquito net	Lifesystems: MicroNet Single Mosquito Net		
Light Sticks	Lifesystems: 15h Light Sticks, 8hr Light Sticks, Intensity Glow Marker		
Water purifying tablets	Lifesystems: Chlorine Dioxide tablets		

** It is against the law to sell a knife to anyone under the age of 18 (unless it has a manual folding blade less than 3 inches long) and to use any knife in a threatening way.
*** It is against the law to sell a substance with butane as a constituent part to any person under the age of 18.

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