

## DofE Walking Expedition Kit List

This list is a guide to help you prepare and pack for your DofE Expedition.

If you do need to purchase new items, do not forget you can use your DofE Discount Card at various outdoor shops (GO Outdoors, Cotswolds, etc.) which you would have received in your welcome pack. If you have lost your card, you can download a voucher from eDofE.

Some of the kit (marked with \*) can be borrowed from Pates. We have limited kit so it will be distributed on a first come first served basis. Please contact the OED at [dofe@patesgs.org](mailto:dofe@patesgs.org) for more information and if you need to borrow any equipment, please can you send an email request at least 2 weeks prior to the event.

### Mandatory Personal Kit:

The following kit is mandatory for all levels/modes of transport:

Item	Information	Got It	Packed It
Rucksack*	This should be an expedition rucksack/ (approx. 65-80ltr) that is suitable for the expedition length and can take group kit as well as personal kit (so don't fill the bag up completely at home).  It must be fitted to the individual - a poor fitting rucksack can make or break an expedition. This must have a padded waist strap and a chest strap, all your equipment should fit INSIDE the bag with only roll mats strapped to the outside in waterproof bags.		
Rucksack Liners/Bags	Make sure everything in your rucksack is packed into a liner/dry bag/rubble sack so it stays dry. Individual bags for important kit like sleeping bags & spare/emergency clothing.		
Sleeping Bag*	Three-season sleeping bag, warmth rating around 0 degrees – contained in a waterproof bag.		
Sleeping Mat*	Either foam or compact inflatable which will fit in your bag (if inflatable ensure repair kit is included).		
Walking Boots	These must have ankle support (trainers are not suitable) and must be waterproofed. If you are buying new, try and break them in before the expedition – this will reduce the likelihood of blisters.		
Walking Socks	One pair per day plus one spare pair in case your feet get wet.		
Waterproof Jacket	Not a pac-a-mac, this should be a substantial waterproof jacket. If you get wet, you will get cold, which will make you miserable and possibly ill.		
Waterproof Trousers			
Fleece top or similar warm jumper			
Walking Trousers	Zip-offs are a great idea so you don't need to bring trousers and shorts. Do NOT wear jeans or leggings – these do not dry quickly and do not protect you from stinging nettles/thorns.		
T-shirts/tops	Synthetic materials will dry quicker and be warmer than cotton. A thin, long sleeved top will help protect you from the sun.		
Underwear			
Warm hat			
Gloves			
Sun hat/Sunglasses			
Sun cream	At least SPF 30.		
Torch	Handheld or Head torch (with spare batteries)		
Personal First Aid Kit	A small first aid kit for personal use, e.g. plasters, antiseptic wipes, blister plasters, etc – you will be given a group first aid kit.		
Water Bottle or Camelpak	An absolute minimum of two 1ltr bottles as this works well for water purification and we can see hydration levels easily. These must not be disposable bottles, think of your environmental impact. You will be able to refill at the campsites each morning.		
Cutlery, plate, bowl, mug	Consider weight and size –these shouldn't take up too much space, and should be heat-resistant plastic or metal not ceramic or paper.		
Box of matches and/or lighter	In a waterproof container.		
Wash kit and small hand towel	Essential items only – toothbrush and toothpaste. Some items could be shared (e.g. toothpaste). There will not be showers so you do not need hair/body wash.		
Notebook and pen/pencil			
Toilet kit	Small dry bag with wet wipes, hand gel + toilet tissue packs (one pack per day of camping usually suffices). Think about if you need toilet roll each or can you divide this up between your team?		
Blister kit	A must for expeditions, we do not hold kits for students in the main first aid kit so it's essential you have your own.		
Water filter* or purification means	<b>Silver and Gold only.</b>		
Food	You must carry enough food (breakfast/lunch/dinner/snacks) for every day of your expedition – aim for a minimum of 2,000 calories per day. Use the Menu Plan to help you and your group plan your food.		
Emergency Food	Every participant needs emergency rations. It does not have to be much (particularly at Bronze) but it is an essential part of participants thinking about risk management and preparing for their expedition. A good ration pack could include a high energy snack (Snickers, Mars bars, Kendal Mint Cake), sweets, energy drink powder/hot chocolate sachets, Cup-A-Soup, a substantial filling snack like a flapjack. At Silver and Gold include a quick-cook hot meal which you can cook if you find yourselves waiting for a long time for help to come. Keep it all in a waterproof bag or container. This should not be opened unless there is an emergency – your assessor will ask to see this.		
Any personal medication	If you use emergency medication, such as an inhaler or epi-pen, pack it so it is easily accessible and make sure someone in your group knows where it is.		

### Notes:

Clothing - the amount of clothing you take should be appropriate for the number of days of your expedition, plus a spare set in case you get wet. Bear in mind the weather and time of year of your expedition. Try to pack light and minimise the amount of space your clothes take up in your bag - being a bit smelly for a few days won't kill you.

You do not need to bring a pillow – you can use your clothing bag.

**Optional Personal Kit:**

We recommend bringing these items but they are not essential so consider whether you have space, the weather, expedition location, etc. Speak to OED staff if you are unsure.

Item	Information	Got It	Packed It
Long-sleeved base layers	Thermals will help you stay warm.		
Nightwear	You could wear the clothes from that day to sleep in (provided they are not wet) and put new clothes on in the morning, or bring a thin base-layer top/bottoms for sleeping in – think about space/weight.		
Lightweight footwear for the campsite	These need to have closed toes – flipflops are not suitable.		
Gaiters			
Buff/Snood	Great neck/face warmer, towel, hat.		
Camera	Phones will not be allowed during the exped phase as a general rule so if you want to take photos bring a camera (with spare batteries).		
Permanent marker	Just incase your route rubs off your map – sunscreen is particularly bad for this!		
Knife & Whistle	A multi-tool will be far better than a standard knife / Swiss Army knife.		
Para Cord	Make it a sensible amount 4m or so to use for whatever is needed – washing lines, fixing kit, etc.		
Evening entertainment	A book to read, card games, puzzle books – no electronic devices.		
Gaffer Tape			

**Mandatory Group Kit:**

Items marked with \*\* will be issued to groups to carry, as such they must all have room in their rucksacks to accommodate it.

Care of equipment extends to cleaning of group kit such as cookers and tents. Tents must be returned with all components in good working order and folded and prepared for its next use. If group equipment is discovered to be of insufficient standard then you will be called in to clean and account for equipment you have returned.

Item	Information	Got It	Packed It
Tent**			
Trangia Stove**			
Group Kit Box**	Containing high-vis jackets, whistles, group first aid kit, maps and compasses, emergency group shelter, two-way radio, map cases. Any group kit that is issued and comes back damaged, teams will be asked to pay for replacements or repairs.		
Rubbish Bags	Your group is responsible for your own rubbish – there are no bins in the wilderness, you will be carrying it out with you.		
Tea Towel			
Scourer & Washing Up Liquid			
Watch	Someone in your group will need a watch – bear in mind that this may get wet/dirty/damaged and you won't be able to charge it.		