

# DofE Expedition Kit List

	<b>Personal walking kit:</b>
	Walking boots (broken in, waterproof, good ankle support)
	Walking trousers (thin, fast drying, not jeans)
	Baselayer (wool or synthetic T-shirt)
	Walking socks
*	<b>Rucksack; approx 65L, large enough to carry:</b>
	Sleeping bag (ideally comfort rated to 0°C or below)
*	Sleeping mat (ideally carried within rucksack, waterproofed if strapped to outside)
	Clothing:
	Waterproof jacket (thin shell preferred over thick ski jacket)
	Waterproof trousers
	Spare trousers, baselayer, socks (2 spare pairs) and underwear
	Hat, gloves, buff
	Midlayer (microfleece; for use when walking)
	Thick fleece or sweater (for use at camp site)
	Food:
	Meals to be separated and labelled (day/meal)
	Snacks (high energy such as chocolate, nuts, dried fruit etc)
	Hot drinks (tea, coffee, hot chocolate etc)
	Water:
	2 x 1L water bottle <b>or</b> 1L bottle and camelbak
	Other items:
	Mug (ideally with lid)
	Lighter (or windproof matches)
	Pocket knife/tool (less than 3 inch blade)
	Personal first aid kit (plasters, painkillers etc)
	Watch
	Wash kit (very basic)
	Head torch
	Notebook and pencil
*	Whistle
	<b>Team kit (to be distributed amongst the team):</b>
*	Tent
*	Stove
	Fuel
**	Compass
**	Map and Map case
**	Route cards
**	Emergency mobile phone
**	Hi-vis jacket
**	Group first aid kit

\* *Items marked with an asterisk can be loaned from Kingdown if required*

\*\* *Items marked with a double asterisk will be issued to the team at the start of the expedition*