

NAME _____

DofE EXPEDITION KIT LIST

ESSENTIAL ITEMS THAT WILL BE CHECKED BEFORE YOU CAN START YOUR EXPEDITION:

Item	Quantity	Notes
Walking boots		
Waterproof over trousers		
Waterproof jacket (mountain jacket)		
Warm hat and gloves		
A complete set of spare/warm clothing in a drybag		
Sleeping bag – minimum 3 season – in a dry bag		
Sleeping mat		
Torch		
Food		
Water bottles (2 x 1 litre)		

Personal Clothing

Item	Quantity	Notes
Walking boots		
Walking socks		
Waterproof over trousers		
Waterproof jacket (mountain jacket)		
Base layers		
T-shirts		
Fleece layers		
Walking trousers/leggings NO JEANS		
Underwear		
Flip flops/sliders - optional		
Warm hat & Gloves		
Sun hat & sun block		
Gaiters (Optional for Silver/Gold)		

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Sleeping kit

Item	Quantity	Notes
Sleeping bag – minimum 3 season		
Sleeping mat		
Nightwear		

Other personal kit

Item	Quantity	Notes
Rucksack 50-70litre		
Dry bags & spare plastic bags		
Torch & batteries		
Watch with alarm (must have at least 1 per group)		
Walking poles (Optional for Silver/Gold)		
Food: meals & snacks		
Water bottle (2litre or 2 x 1litre)		
Knife/fork/spoon/plate/bowl/mug		
Wet wipes/hand sanitiser/sanitary items		
Toothpaste & toothbrush		
Personal medication		

Group kit

Item	Quantity	Notes
Tent		
Stove and Fuel (2 or 3 per group)		
1 x Emergency phone (fully charged)		
Scourer, washing up liquid & tea-towel		
Trowel/water tablets (Gold) PROVIDED BY F4A		
Storm shelter PROVIDED BY F4A		
Survival bag (2 per group)		
First Aid kit and whistle		
Matches/lighter		
Map & compass		
Camera and playing cards - optional		