

## Kit List – DofE Expeditions

To get the most out of your expedition, pack light and only pack the items detailed in this kit list. Please consider your clothing choices. Bring quick drying clothing made of synthetic fibres, and not clothes of high value as these may get dirty, marked, or damaged. You should also bring clothing that you do not mind getting dirty, marked, or damaged.

## Rucksack – MIN 55L-65L

### Essential Personal Equipment

- Waterproof Jacket & Trousers
- Walking Boots
- Waterproof Rucksack Liner (*or 2 heavy duty bin bags*)
- T Shirts
- Fleece Jumper (**Not Cotton**)
- Walking Trousers (**Not Jeans or Cotton**)
- Walking Socks
- Sleeping Bag (*3-4 Season*)
- Sleeping Mat (*Foam or Inflating*)
- Bowl/Mug & Knife, Folk, Spoon
- Water Bottles (**x2 1Lt Bottles**)
- Headtorch + Spare Batteries
- Personal First Aid Items
- Emergency Sugary Snacks
- Wash Kit
- Toilet Paper

### As Weather Appropriate

- Warm Hat & Gloves (**Essential for Gold**)
- Sun Hat & Sunglasses
- Sun Cream
- Thermal T Shirt & Leggings

### Optional

- Sleeping Bag Liner
- Insect Repellent
- Pair of Lightweight Trainers (*For evening wear. **No flip flops***)
- Sports Bra
- Nightwear
- Sanitary Products
- Towel

### Group Equipment

- Pan Sponges & Washing up Liquid
- Tea Towel
- Plastic Rubbish Bag
- Wristwatch
- Whistle
- Long Matches or Long Lighter
- x2 Mobile Phones + Power Bank**