

The DofE Award Expedition Kit List

This kit list is your essential checklist when preparing the kit you need for your DofE expedition. Use this list to work out what you have and what you need to borrow and buy.

During the training programme, we talk to participants extensively about suitable kit choices. Further guidance for participants and parents/carers can be found here: [Expedition-Kit-Guide-February-2021-double.pdf \(dofe.org\)](#)

The DofE card sent within the participant welcome pack provides at least 10% off purchases at outdoor retailers including Go Outdoors, Blacks and Millets. However, other retailers such as Decathlon and Mountain Warehouse can also provide suitable and often, more reasonably priced kit.

We encourage participants to bring items of kit to sessions if they wish to check its suitability with their DofE Leader.

Store all items within individual dry bags or plastic bags to prevent them from getting wet and damp. I.e clothes in one bag, wash kit in another. Sleeping on a wet roll mat, or in a wet sleeping bag is not fun! ☺

INDIVIDUAL kit needed for an expedition. All mandatory unless stated

Provided by Essex Youth Service:

- Sleeping roll mat
- Rucksack 65ltr

Provided by the Participant:

- Clothes – base layer t-shirt, mid layer fleece, trousers (not jeans or thick jogging pants), sun hat, woolly hat, gloves, sunglasses
- Spare change of clothes
- Extra layer (it is much colder at night)
- Waterproof jacket
- Waterproof trousers
- Walking boots and thick socks
- Sleeping bag 3+ seasons
- Head torch + spare batteries
- Emergency food rations
- Water bottle(s) or bladder - 2 litre minimum
- Cutlery/bowl/mug
- Minimal personal wash kit including toilet roll/tissues
- Plastic bags for dirty kit and rubbish
- Small notepad and pencil
- Personal snacks
- Optional flip flops/light weight shoe for campsite use only
- Personal First Aid kit (first aid kits off the shelf usually comprise of the following items):
 - Blister plasters

- Triangular bandage
- Latex gloves
- Cleansing wipes
- Wound dressings (different sizes)
- Bandages
- Safety pins
- Micropore/Adhesive tape
- Scissors
- Tweezers
- Tic remover
- Sun tan lotion
- Painkillers
- Personal medication

GROUP kit needed for an expedition. All mandatory unless stated

Provided by Essex Youth Service:

- Tent
- Trangia cooking stove and gas bottle
- Emergency group shelter
- 2 x Hi-vis jackets
- 2 x Compass, 2 x Map, 2 x Map case
- Whistle

Provided by the Participant:

- Group food for the expedition (groups will menu plan during the sessions)
- Matches for stove lighting
- Group washing up kit (small washing up liquid, sponge, tea towel x 2)
- Watch (at least two in the group as mobile phones are sealed for emergency use only)

Items you need to access quickly/regularly should be stored in the top or side pockets. Such as water, snacks and first aid kit.

