

About the kit list

This list is an illustration of the items you may need when undertaking a DofE expedition. This list is to be used as a GUIDE only.

Clothing

	Got it	Packed it
1 pair of walking boots (broken in)		
2 pairs of walking socks		
2 t-shirts baselayers		
fleece tops or similar		
walking trousers (warm, NOT jeans)		
Underwear		
Nightwear (in sealed plastic bag)		
Flipflops/trainers/sandals etc (optional for camp site use)		
Warm hat &/or sunhat (as appropriate)		
1 pair gloves (if appropriate)		
1 pair shorts (if appropriate)		
Waterproof over-trousers		
Jacket/coat (waterproof & windproof)		
Wash kit/personal hygiene items		

Personal Kit

	Got it	Packed it
Rucksack		
Rucksack liner (or 2 strong plastic bags)		
Sleeping bag		
Sleeping mat		
Waterproof bag		
Sleeping bag liner (optional)		
Torch (handheld or head torch)		
Personal first aid kit		
Expedition food (including emergency rations)		
Water bottle		
Cutlery		
Plate/bowl		
Mug		
Sunblock (if appropriate)		
Towel (travel type)		

Group Kit (to carry between the team)

	Got it	Packed it
Tent(s)		
Camping stove(s)		
Tea towels		
Food (lightweight and including snacks)		
Plastic bags (for rubbish etc.)		
Compass		