



EXPEDITION KIT LIST

This list is a guide to the items you may need when undertaking a DofE expedition.

Tick list

- 1 pair of walking boots (broken in)
- 2-3 pairs of walking socks
- 2 pairs of sock liners (optional)
- Jacket/coat (waterproof and windproof)
- 2 fleece tops/jumpers
- 2-3 t-shirts (thermal optional)
- 2-3 walking trousers/leggings (NOT jeans)
- 1 pair shorts (if appropriate)
- 3 Underwear
- Warm Nightwear
- Flipflops/sandals (for camp site use)
- Warm hat and gloves
- Sunhat
- Expedition food (including emergency rations)
- Water bottle (1000ml)
- Torch (handheld or head torch and spare batteries)
- Personal medications (remember to check expiry dates)
- Wash kit/personal hygiene items- Wash bag (small), shower gel, deodorants, shampoo, toothpaste and tooth brush
- Compeed blister plasters
- Sunblock
- Towel
- Notebook and pen/pencil
- Watch
- Sunglasses
- Ball, playing cards etc.

