

## Expedition Kit List

These are the items you will need when undertaking a DofE expedition with Sevenoaks School. DofE participants can get a great discount off expedition clothing and equipment at Cotswold Outdoor, the Recommended Retailer of Expedition Kit to the DofE. Find out more from <http://www.dofe.org/go/cotswold>.

The DofE Charity receives a royalty from all sales, which helps to support our work with young people.



### PERSONAL CLOTHING

Got?	Packed?	Item needed	Specific items the DofE recommend
		1 pair walking boots (broken in)	Craghoppers – Tromp Walking Boot, Yomp Trail Shoe
		Walking socks (one pair per day)	Bridgedale Endurance Trekker, Bridgedale Women's Endurance Trekker, Bridgedale Endurance Trail
		Sock liners (optional)	Bridgedale Coolmax Liner
		T-shirts (one per day)	Craghoppers – Base T
		Thermal t-shirt (optional)	Craghoppers – Base T
		Fleece top or similar	Craghoppers – Vector Soft Shell Zip-Neck, Vicona Soft Shell Zip-Neck, Vector Soft Shell Jacket, Vicona Soft Shell Jacket
		2 walking trousers (warm, NOT jeans)	Craghoppers – Venturer Trousers, Ventura Trousers
		Underwear	
		Sports bra (optional)	Shock Absorber – RUN Bra, MAX Bra
		Nightwear	
		Warm hat &/or sunhat (if appropriate)	
		1 pair gloves (if appropriate)	
		1 pair shorts (if appropriate)	
		Suncream (if appropriate)	Lifesystems - Mountain Formula SPF25, Mountain Formula SPF50, Mountain Combi Stick SPF50
		1 pair gaiters (optional)	
		Waterproof over-trousers	Craghoppers – Pakka Plus Overtrousers
		Cagoule/coat (waterproof & windproof)	Craghoppers – Venture Shell, Pakka Plus Jacket

### PERSONAL KIT

Got?	Packed?	Item needed	Specific items the DofE recommend
		Rucksack (approx. 55-65 litre)	Vango – Contour, Sherpa, Pumori
		Rucksack liner (or 2 x plastic bags)	Lifeventure – Dri-store Bags (2, 5, 10, 15, 25, 40, 70 litres)
		Sleeping mat	Vango – Adventure, Trek, Ultralite
		Sleeping bag	Vango – Nitestar, Ultralite, Supernova
		Waterproof bag to hold sleeping bag	Lifeventure – Dri-store Bags (2, 5, 10, 15, 25, 40, 70 litres)
		Sleeping bag liner (optional)	Lifeventure – Expedition Cotton Rectangle Sleeper, Expedition Cotton Mummy Sleeper
		Survival bag (only 1 per group needed at Bronze / Silver levels)	Lifesystems – Thermal Bag, Thermal Blanket, Survival Bag, Blizzard Bag
		Small quantity of money (optional)	
		Notebook & pen	
		Watch	

## PERSONAL KIT (cont...)

Got?	Packed?	Item needed	Specific items the DofE recommend
		Whistle (plastic)	Lifesystems – Survival Whistle, Safety Whistle
		Torch (handheld or head torch)	Lifesystems – Intensity 60 Torch, Intensity 220 Torch,
		Spare batteries & bulb for torch	
		Personal first aid kit	Lifesystems – Camping First Aid Kit, Trek First Aid Kit, Burns First Aid Kit
		Emergency food rations	
		Water bottle(s) (to carry 2 litres)	Lifeventure – Stainless Steel Bottle (600ml, 800ml),
		Knife, fork, spoon, plate, bowl, mug	Lifeventure – Camping Bowl, Camping Plate, Camping Mug
		Small pocket knife/pocket tool	Victorinox – Pocket Tool
		Box of matches (in waterproof bag)	Lifesystems – Windproof Matches
		Wash kit	Lifeventure – Wash Bag (Small), All Purpose Soap, Dry Wash Gel, toothbrush, toothpaste, roll-on deodorant etc...
		Towel	Lifeventure – Expedition Trek Towel (Small, Medium, Large)

## GROUP KIT (to be carried between the whole team)

Got?	Packed?	Item needed	Specific items the DofE recommend
		Tent(s)	Vango – Hurricane, Typhoon, Spectre, Apex, Chinook, Banshee, Equinox, Tempest, Cyclone, Halo, Omega, Spirit
		Camping stoves(s)	Trangia (meths / gas) Campingaz burners
		Camping stove fuel in a safe container	
		Cooking pans	(Included with Trangia stoves)
		Scourers & washing up liquid	
		Maps, routecards & compasses	
		Map cases	
		Camera (optional)	
		Toilet paper	
		Tea towels	
		Food (lightweight)	

## ADDITIONAL OPTIONAL KIT

Got?	Packed?	Item needed	Specific items the DofE recommend
		Storm shelter	Vango – Storm Shelter.
		Stove accessory	Trangia – Multidisc 25 series, Multidisc 27 series
		Insect Repellent	Lifesystems – Expedition 50+ Insect Repellent, Natural 40+ Insect Repellent
		Mosquito Net	Lifesystems – Micronet Mosquito Nets
		Emergency Lightsticks	Lifesystems – 12h Light Stick
		Water Purifying Tablets	Lifesystems – Chlorine Dioxide Tablets
		Security Pouch	Lifeventure – Body Wallet (Waist, Chest)
		Waterproofing (pre-expedition )	Nikwax: Tech Wash 100ml Pouch, TX.Direct Wash-In 100ml Pouch, Footwear Cleaning Gel 125ml, Fabric & Leather Proof 125ml sponge on or spray on, Nubuck & Suede Proof