

DofE Expedition Kit List 2023-24



Group Kit

- Tent (Provided – ours weigh 4.2kg)
- Trangia (Provided – ours weigh 900g)
- Gas (Provided – ours weigh 220g)
- Tin Foil (Optional but can be used to line pans and therefore save on washing-up)
- Food and drink – All food and drink is to be provided by the participant, we go through this in the training sessions.
- Map (Provided)
- Mobile Phone (**All students are required to bring a mobile phone to the expedition**)
- Camera (optional)
- Washing Up Liquid and Scouring Pad
- Tea Towel

Personal Kit

- Clothes (no jeans)
- Waterproof jacket
- Waterproof Trousers (optional)
- Warm jumper
- Strong shoes / walking boots (something supportive with a thick sole)
- Hat and Gloves
- Rucksack (provided but bring your own if you have one – minimum size 55 litres – ours weigh 2kg)
- Sleeping Bag
- Roll Mat
- Sharpie Pen / thin tipped marker pen to mark the route on the map
- Torch and spare batteries
- Packed lunches
- Food for evening meal and breakfast
- Bin liners (for rubbish and for dirty clothes)
- Personal Medication (including tablets, plasters etc.)
- Cutlery
- Plate (optional – could use Trangia pans)
- Cup
- Bowl (optional)
- 2 litres of drink for during walk (preferably squash or water – not a fizzy drink)
- Sun cream
- Hand cleansing gel
- Matches
- If we're expecting wet weather you may want to put your things inside rubble sacks (buy online or from B&Q), small Ziploc bags, or carrier bags prior to putting them in the rucksack.