

## DofE Expedition Kit List

### The set of clothes you'll need at all times

Item	Comment
Walking boots	To provide ankle support. Boots are not as waterproof as the label would like you to think. Clean, wax (leather) or spray (fabric) to help them help you to keep dry feet. Dirty boots soak up the water getting your feet very wet very quickly, which will lead to soft skin and then blisters. New boots should be worn before an expedition to make sure they fit well and are the right size. Your foot must not move around in the boot so this is where you need to think about the socks you wear, lacing and make sure the cushioning in the sole of the boot is comfortable.
Walking socks	Do not skimp on socks - either the number you bring, or the quality. Walking socks are well worth it because they have no seams (to rub) & are of the right material. Some people like to wear thin socks inside the thick ones. Like boots they need to be well fitted & comfortable. Consider changing socks at lunchtime and giving your feet and socks a breather! Your feet have to carry you through – literally!
Underwear	Up to you but again comfortable and quick drying. Research the underwear that athletes wear! "Normal" boxer shorts can roll up & end up rubbing between trouser & skin. Think about buckles/clasps under rucksack straps & belts – ouch.
Trousers to walk in.	These want to be quick drying SO NOT denim/jeans. Some people have one main pair & then leggings/Ron hill tracksters to wear under if cold. You don't want them to drag on the ground as the bottom edge soaks up the water and mud. Gaiters prevent this but are extra things to buy
Base layer + Mid Layer 1	<b>Base Layer</b> – The layer closest to your skin so wicking capability is needed. You want to let moisture, sweat, be able to get away from your skin but also have an element of insulation to keep heat in. Cotton is NOT a good material for hiking clothes – soaks up sweat and stays wet. <b>Mid Layer One</b> – Can be a shirt or a tee and wicking, more breathable, capabilities are preferable. Long sleeved helps keep extremities warm
Fleece - Mid Layer 2	Needs a full zip so you can manage body heat efficiently and not have to stop to replace/remove. Don't bring heavy and bulky sweat shirts/hoodies as they are as bad as denim trousers when it comes to being very difficult to dry, <b>once</b> wet, due to high cotton content.
Hat	More than likely this will be to keep warm rather than to keep the sun off. Really useful at night if you feel the cold. Sun hats are really important if it is hot and sunny tho' especially if you have short hair that exposes the neck to being burnt.
Gloves	You will feel much happier with warm hands especially if it's cold and wet and windy. If you've got two pairs bring them. Ski Gloves? – bear in mind you have to hold a map and compass! Wool gloves actually work well.
Scarf / Buff	If you feel the cold a scarf will really help and is great for stopping cold rain dripping/running down your neck into inner layers
Waterproof jacket with integral hood AND over trousers	Absolutely essential to your well-being and BOTH Top and Trousers are mandatory to have. A Pac a Mac style of coat is not enough bearing in mind you could be out all day in rain. You will soon get soaked through to your inner clothes. Wet clothes make you cold and will end up with you becoming hypothermic and having to end your Expedition. Once you get your clothes wet then, unless its hot sunny day, they will stay wet. (see "spare clothes")

### The set you'll need in your rucksack:

Spare clothes <ul style="list-style-type: none"> <li>• Base layer</li> <li>• Mid Layer 1</li> <li>• Mid Layer 2</li> <li>• Underwear</li> <li>• Socks (lots)</li> </ul>	If you do not have a spare set of dry clothes on you then you cannot continue the Expedition because you'd have none to use in a real emergency ie something bad enough for the team/person to have to stop or be stopped & evacuate. Keeping warm & dry is essential to wellbeing at all times. One set of spare clothes is all you should need if you manage yourself well. More "sets" of clothes makes your bag heavy and leaves no room for other kit. So, getting wet because your waterproofs don't "work" (or you've not used them) and having to use any spare clothes is not a smart move. The wet clothes still have to be carried and you still have to have dry spares! The spare set must be sealed up every day in your bag. If you can't bear putting on wet clothes in the morning then you'll have to carry extra as well as the wet clothes (don't get wet in the first place!) You must have at least an extra pair of socks per day - more if you get sweaty feet!
Nightwear/tent clothes – no need to bring if you use your spare clothes – saves weight and space!	
Flip flops/light camp shoes	Giving your feet a break and airing your boots at camp is more than a good idea.

### Other Personal Kit

Rucksack	65 Litre MINIMUM (you have to carry team kit too!). Rucksacks aren't waterproof and must be lined using a rucksack liner or **rubble-bag/animal feed/ bag-for-life standard plastic bags. Everything in it also needs to be wrapped/packed in plastic. The more that you or your kit soaks up water the heavier and unhappier everything becomes. Rucksack covers DO NOT keep things in the Rucksack dry.
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Sleeping mat / karrimat	Unless you have a thermarest a roll mat is carried on the outside of the rucksack and needs to be wrapped to keep it dry and protected.
Sleeping bag	Use a compression sack to reduce its size but this doesn't keep it dry. Bag up in substantial plastic as above**. Not bin bags!
Water/drink bottles	1litre total <b>minimum</b> . You have to carry water to drink. Plastic bottles you buy from the drinks counter do not last the course and are easily split.
Water purifying tablets	Wild country only. You need to bring your own to use when taking water from upland streams. Lowland Expeds are supplied with water.
Wash kit/ teeth cleaning/personal hygiene	This needs to be as small as possible (look for small items on the travel counter in the Chemists). There is no need to carry large towels or bars of soap. Take the smallest amount of toothpaste. Wet wipes and hand cleansing gels are useful but think weight and could these be team kit?!
Insect repellent	Always a good idea in the summer especially if your route is thru marsh/heath land. <a href="http://www.woodlands.co.uk/blog/practical-guides/midges-mosquitoes-and-marmite-coping-with-insects-in-woodlands/">http://www.woodlands.co.uk/blog/practical-guides/midges-mosquitoes-and-marmite-coping-with-insects-in-woodlands/</a>
Sun cream and Lip Balm	If it is going to be sunny/windy sun cream is essential. Think about this as team or tent kit – its heavy! Lips do need a bit of care too.
Loo paper	Either take your own or share a roll with the team. Make sure it stays dry. Or use wet wipes.
Watch	You won't have your phones on or for use other than in emergency so a way to tell the time and keep to route card timings
Whistle	To attract attention in case of emergency.
Torch and spare batteries	It will get dark and there are no other lights. A head torch is ideal because it keeps your hands free. A spare torch is possibly easier than just batteries
Box of Matches - wrapped	There are matches in the cooker but if they get wet/damp you'll really be thankful to have spares.
Personal 1 <sup>st</sup> aid	Bring your own personal medication, blister kit (plasters etc) headache pills, knee supports etc. If you know you need something then bring it. Tell a leader if you take a painkiller or any other medication.
Plastic bags galore	These weigh nothing but will keep wet/dirty stuff out of the way, give you something to sit on etc etc. Also useful for rubbish - everything you take has to be brought back. (look at the packaging that your food comes in – can you lessen it?)
Survival Bag	Big enough <b>to get inside</b> in an emergency & bright orange to attract attention (good for wet tent floors!). A silver emergency foil blanket isn't the same
Phone	<b>Once an Exped is underway it is a DofE rule that the phones must be sealed in a waterproof bag (freezer bag) for use only in an emergency. Using a mobile during an Exped destroys the ethos of the Exped, inevitably runs down batteries, &amp; can be a show stopper</b>
String and/or Gaffer Tape	Brilliant for making running repairs and possibly saving the day.

### Group Kit – to be carried within the team

Map/compass/route card	We provide, but if you have a compass bring it along.
Tent	We provide
Stove/fuel	We provide (scourers provided)
Group shelter – Silver/Gold	We provide
Trowel – Silver/Gold	We provide
Washing up kit	A small amount of washing up liquid in a very small bottle is useful but NOT for when you are wild camping and washing up outdoors

### Personal Eating

Main meals	You'll need in excess of 3000 calories per day (inc snacks) to stay happy and on top of things. Plan and discuss carefully with your tent group, or even team, so that it is satisfying, enjoyable & provides the fuel your body will need to walk for 2-4 days. Breakfast, lunch, evening meals plus hot drinks. It starts off heavy but gets lighter & smaller as the days pass. Dehydrated food is lighter than tins or boil in the bag.
Lots of snacks	You know what you like but some things obviously provide more long lasting energy than others. Too much choc and sweets is not the best approach but are more of a quick fix or treat to keep your spirits up during a low moment or after a hard day.
Emergency Rations	Should be able to provide an extra meal and have to be kept separate right until the very end of your Exped.
Plate/bowl/mug/ Knife, fork, spoon	Plastic and as light as possible. Do you need both a plate and bowl? A Spork is one item in place of 3!
Tin opener	If you have tins that don't pull open!! But why would you do that?

**Your Rucksack should not weigh more than a quarter of your body weight once packed with everything. Always, always think about the size/weight of EVERYTHING**

Much of packing a rucksack is down to personal preference. Here are some things to bear in mind which should make life easier and load carrying more manageable. You will be walking for up to 8 hours a day with your rucksack on your back, it is therefore in your interest to make it as comfortable as possible.

There are two basic principles that you will want to follow when packing your rucksack, unfortunately the two principles sometimes conflict but do your best.

### **Principle 1: Heavy items should be close to your back, evenly weighted (side to side) and near the top.**

This means you won't feel like you're being pulled off balance. It will also reduce the amount of pull on your shoulders. For instance, Place a heavy item like your tent under the lid or vertically inside, close to your back, rather than on the straps on the bottom at the back.

### **Principle 2: Items you may need should be accessible.**

Pack your snacks, lunch, drinks, waterproofs, hat, gloves, torch and emergency gear near the top of the bag or in the outer pockets.

## **Other considerations, tips and tricks**

### **The Sleeping bag.**

It is common to pack the sleeping bag at the bottom of the rucksack. It is the least likely item to be needed during the day and if your sleeping bag is at the bottom, waterproofed, you know you can sit on the bottom of your rucksack without splitting food bags open or breaking anything.

### **Attaching things to the outside of the bag.**

As sleeping mats are so light they can be attached by straps to either the top, side or bottom of the bag as preferred. It is best not to attach anything else to the outside of the bag - heavier items will make the load unbalanced and smaller items might get lost or damaged. You also look a lot more slick and together if you haven't got a pair of flip flops or a mug hanging off your bag.

### **Keeping things dry.**

Double bag. You should use a waterproof liner inside your bag to keep things dry and bags inside that - as in the kit list.

### **Fitting your rucksack.**

Make sure your rucksack is correctly adjusted to you. You can adjust the back length, the shoulder straps and the position of the hip belt. It will make a huge difference to how the weight is distributed and when you get it right, it will actually feel lighter. Get used to adjusting your pack yourself. You will feel the benefit. When putting your rucksack on avoid picking it up by one strap and swinging it onto your back as you may damage the rucksack and your back. Help each other out by lifting each other's bags up while you put them on.