

DofE Expedition Kit List

Equipment List

Lets face it, the more you carry the less you will enjoy your expedition...how often after all do you walk for up to 8 hours a day carrying between 20-35% more than your usual bodyweight. Doing so will hurt, shoulders, waists and feet all become painful after doing this, the only way to get used to it is to train regularly.

For a four day expedition you can, if you are really careful manage with no more than 12-14Kg. To achieve this however you need to spend a bit of money on lightweight kit. If money is tight then with some careful planning in the group you can manage a gold expedition with no more than 16Kg each.

The following list is a standard equipment list for DoE Expeditions at all levels, it is not designed to take into account specific conditions that may be encountered in some environments and should be considered a base level list. The most sensible thing you can do is to check the weather forecast for the area your expedition is taking place in and prepare with this in mind.

If the forecast is for sunny conditions then a sun hat and sun cream are essentials, if it is set to rain then dry socks each day will be welcome along with appropriate waterproofing of yourself and your kit.

Failing to prepare is preparing to fail or at least be very uncomfortable.

The group should plan together over the equipment that can be shared, this includes food. Remember there is no point in everyone carrying toothpaste when one small tube between the group will do. The same goes for the medical kit, stove wash kit etc. If you are doing Gold it is unlikely that you will be using campsites with showers so a towel and shower gel etc are excess to requirements. On bronze I am sure that everyone can go one night without a shower so save weight here as well.

Small weight savings add up for example remove all the packaging from your food, if a piece of kit is not absolutely necessary do not take it, I have seen people go to all kinds of lengths to reduce the weight of their bag including cutting the handle off their toothbrush.

There are certain items you cannot walk without, waterproofs, a spare set of warm clothes, enough food etc.

Follow the list below and use it as a checklist.

We have given some helpful advice next to some of the kit items.

E...Essential R...Recommended L... Luxury

Clothing.

Where there are two items of clothing it assumes you will be wearing one and not all of these will be carried in your rucksack. Spare clothing carried in your rucksack must be adequately waterproofed.

- **Boots (E)**
Must give ankle support, participants turning up without boots will not be allowed to participate (see notes below)
- **Fleece light weight (E)**
(Hoodies are heavy and generally made of cotton a lightweight micropile fleece is not expensive and can be worn at other times)
- **Warmer fleece (E)**
- **Trekking trousers x 2 (E)**
(Zip-offs are ideal,any lightweight quick drying trousers are excellent **NOT DENIM**)

- **Base layers (E)**
synthetic material wicking tee shirts x 2

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thermal tee shirt (R) (long sleeved) (not necessary in summer)
pair of thermal long johns (R) (not necessary in summer)
underwear (E) x 1 or 2 sets

- **Socks (E)** x 2/3 pairs
Good walking socks (Bridgedale or similar) can make all the difference to your comfort, they help to reduce the likelihood of blisters.
- **Hat and gloves (E)**
- **Waterproofs (E) trousers and jacket**
- **Sunhat (E)**

Camping Equipment.

- **Rucksack 60 litres capacity and waterproof cover (E)**
See section of fitting and packing a rucksack. A good rucksack is not cheap however I do not know a student who does not own a rucksack. If you intend to go to university then you will have one sooner or later.
- **Sleeping bag (E)**
Make sure it will keep you warm enough, if not take some extra clothes to sleep in, also a compression sack (used to make the sleeping bag small) will help with your rucksack packing.
- **Roll matt (E)**
- **Bowl/mess tin (E)**
- **Mug (E)**
- **Spoon (E)**
- **Towel and washing kit (R)**
(At Gold this is not necessary as we may well be wildcamping for the duration of the expedition)
- **Water Bottle/s enough to carry 2 litres of water (E)**
- **Headtorch and spare batteries (E)**
- **Personal first aid kit (E)**
- **personal medications**
- **Dry sacs (R) 3/4 assorted sizes to waterproof sleeping bag and spare clothes.**
If you get your sleeping bag and your spare clothes wet it may well be end of expedition for you.
Remember there is no such thing as a waterproof rucksack
- **Waterproofing for kit (E)**
- **Toothbrush and a pack of wetwipes (Toothpaste can be shared in the group)**

Food

1 kg of food per day, containing 3000~4000 calories. See separate advise on food and nutrition for expeditions.

Group kit:

The following items of kit will be divided between members of the group to ensure that loads are equally distributed.

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- **Tent 2/3 persons (E)****
- **Stove per 2/3 persons (E)****
- **Fuel as appropriate (E)****
- **Matches/lighter (E)****
- **Wash up kit (E)****
- **Compass 2 per group (E) (1 spare)**
- **Map of the area 2 per group (E) (1 spare) ****
- **Map case for paper maps (E) ****
- **Group shelter (R)****
 My personal view on this is that if you have a tent with you you have a group shelter why carry two ?
- **Sun cream (factor 30 min) (E) seasonal ~ in first aid kit**
- **Toilet paper and trowel (one per group) (E) make sure you keep toilet roll dry**
- **Camera, notebook and pen (R) on Practice (E) on qualifying for your purpose/project.**

- **Group first aid kit (E) ** (One per group)**
 - ✓ **compeed**
 - ✓ **ibuprofen/nurofen**
 - ✓ **paracetamol**
 - ✓ **strepsils**
 - ✓ **hydration sachets**
 - ✓ **immodium**
 - ✓ **assorted plasters**
 - ✓ **scissors**
 - ✓ **stretch bandages 2 x wide**
 - ✓ **water purification tablets**
 - ✓ **mobile phones (fully charged, switched off and sealed)**
 - ✓ **Incident Management Plan (laminated copy) (supplied by WCC)**
 - ✓ **first aid guidelines (laminated copy) (Supplied by WCC)**

Kit Notes

Boots: These should be good quality leather or heavy duty fabric with a Gortex lining to ensure waterproofness. The most important issue around boots is that they should fit well, be comfortable (well worn in) and that you are capable of wearing them for the duration of your expedition. The performance of boots will vary, as when you are carrying a heavy sack your posture changes. Ideally, we recommend that new boots are worn for at least three months prior to the expedition and that you have walked at least 50 miles in them in varying terrain sometimes carrying a heavy rucksack. Many expedition participants drop out due to blisters or painful toes.

Socks: Thick trekking socks should not be scrimped on especially at Gold Level, Bridgedale Summit socks for example are more expensive (£12~£15 a pair) but worth every penny. Liner socks are an added comfort because they wick sweat away from feet

Waterproofs (E) waterproof, breathable (Gortex) jacket and trousers, getting wet through is very uncomfortable and potentially dangerous.

Rucksack (60 litre) (E) Like boots the most important issue is that it fits and it is properly adjusted to your body. There are many different types ranging from around £100. If you are buying one get it properly fitted by a reputable retailer. See separate hand out on rucksack fitting and packing

Clothing: the layering system: Lightweight synthetic base layer to wick sweat away from the body, thermal under

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layer to trap heat in cold conditions also wicks sweat; thermal mid-layer light weight fleece to trap heat; windproof/waterproof layer to protect and prevent heat loss. A heavier jacket style fleece, gillet or a synthetic down jacket ~ if you can afford it ~ will stop you from chilling in camp during the evenings when it can become a little chilly.

Cotton is not recommended because it does not retain heat when wet, becomes heavy to carry and takes a long time to dry.

Sleeping bag (E) What type depends upon how warm you want to be and what time of the year you are going out on expedition. Down bags are not recommended for UK expeditions because we have a wet climate and they lose their insulating properties if they become wet or damp. It is best to stick to synthetic 2/3 season bags (depending on the season)

Roll matt (E) Thermarests a a luxury, they are much smaller than traditional roll mats, they are however much more expensive. Roll mats are good for DofE, they don't weigh and can be easily strapped to the outside of your rucksack. Check that they are made from non-absorbent foam which will not need waterproofing. They can make it awkward to fit a waterproof cover over the outside of your rucksack, so best to check that this won't be a problem.

Eating equipment (E) Spoon (will do the same job as a fork and knife), plate or mess tin and mug

Water Bottle (E) Sigg bottles are ideal as they are unbreakable, but they can be expensive as much as £10 for a litre size)most Nalgene bottles are a useful alternative at half the price. Empty mineral water bottles are cheap and effective for the short term. A platypus hydration system is also good but has advantages and disadvantages. (you cannot tell how much water you have left, they can burst, freeze in the cold and they can be unhygienic) A combination of these options can allow you to drink whilst on the move and fill up from your water bottle during breaks.

Towel and washing kit (R) Small is best, not everyone chooses or gets the opportunity to wash during the course of an expedition. Absolutely no point in taking separate shampoo, conditioner, shower gel etc when a small bottle of general purpose soap will do all of those things and wash your dishes too. A packet of wet wipes will take care of personal hygiene in the absence of shower facilities. Do not forget your own toothbrush but toothpaste can be shared within the group.

Sunhat (E) If the expedition is taking place in summer then a sun hat is a prerequisite, after feet issues more people suffer from sunburn and heat exhaustion than anything else. A buff is excellent as it has a multitude of uses.

Waterproofing for personal kit:

This is absolutely crucial to prevent your expedition becoming a miserable experience. Your essential kit (sleeping bag and spare clothes) must not get wet. Ideally three barriers of protection are required.

- ✓ rucksack liner (R): a rubble sack obtainable from your local DIY store is a cheap option
- ✓ individual waterproofing on important kit (E) (for sleeping bag and spare clothes)
- ✓ rucksack cover (R)~ will prevent your rucksack becoming waterlogged and heavy to carry

If you are using a good durable rucksack liner and a water proof rucksack cover, you can probably get away with using heavy duty, hole-free shop carrier bags, doubled bagged, to waterproof your kit inside.

If you are not using a rucksack liner then you need to make sure your kit is going to stay dry. Expedition dry sacks are guaranteed to keep your kit absolutely dry, they come in assorted sizes. Prices range from £3 upwards.

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