

Session 7: Expedition Equipment



The Expedition Kit List is an illustration of the type of items you may need when undertaking a DofE Expedition. This list is to be used as a GUIDE only and there is no obligation to buy the specific items we recommend.

Quantities of some items depends on level and duration of expedition.

All DofE participants and Leaders can get a great discount (Leaders = 20%, participants = 15%) off expedition clothing and equipment (online and in stores) at Cotswold Outdoor, the Recommended Retailer of Expedition Kit to the DofE. Find out more about this discount from www.DofE.org/go/cotswoldoutdoor

All of our Recommended Kit has been tested by DofE expedition teams.

What Kit and Why?

The right gear makes the difference between enjoying and enduring your day on the hill.

Rucksack

Spare warm layers, waterproofs, and plenty of food and water are vital to let your body cope with the ever-changing demands the mountain environment places on it. A rucksack offers the closest thing to effortless when it comes to carrying all your kit.

Waterproof jacket

Keeping dry is nice, but keeping warm is vital. Waterproof jackets keep rain off, but also block the wind, and trap warm air inside. All walking jackets breathe more than your old cagoule, but take care not to overdress underneath as they can't get rid of all the condensation your body can throw at them.



Gloves

Cold hands annoying, but they also make it hard to carry out normally easy tasks like operating a compass. Thin windproof gloves are useful all year round.

Walking trousers/leggings (sports tights)

The best walking trousers are stretchy, quick-drying and water-resistant, with reinforcement on knees and bum, and a comfortable waistband that doesn't rub with a rucksack waist-strap done up over it.

Socks

Good quality walking socks provide insulation, padding and moisture control, and help improve the fit of your walking boots.

Walking boots

Help reduce the risk of foot and ankle injuries on rough terrain, provide grip and waterproofing. There are different boots made for varying walking conditions.



Hat

It may be warm in the valley, but it'll be a different story on the summit. Up to 70 per cent of body heat-loss is through your head, so a hat's warmth-to-weight ratio is peerless.



Baselayer

The layer nearest the skin, designed to transport moisture away before it can make you cold or uncomfortable. (Not essential but you'll appreciate the difference it makes)

Mid-layer

Made from synthetic fleece, they all keep you warm by trapping warm air. The latest 'soft shell' designs also offer water- and wind-resistance in differing combinations, but are more expensive.



Gaiters

Stop the bottom of your walking trousers getting soaking wet and water getting into your boots over the ankle cuffs. (Not essential, but a major boon when you step in the inevitable bog).

Water bottle/ Hydration system

It's essential to stay hydrated when walking – a hydration system means you don't have the hassle of taking off your 'sack to get at a water bottle; a water bottle weight less.

Headtorch

An LED torch is the most hassle-free. Needed for round the campsite (you won't have mobile phones)



DIY first aid kit

Make your own, including the following: paracetamol, medical gloves, wound dressing, big bandage, plasters, safety pins, whistle and tape. Keep in two watertight bags.

Waterproof Overtrousers

Wet legs are chilling and miserable – any overtrouser is better than none.

NOTES:



Packing a Rucksack

When packing your rucksack, we believe you should keep these four things in mind to spread the weight and keep you comfortable for the duration of your activity:

1. Always pack the rucksack with all storage areas open
2. Always pack the weight evenly on each side

3. Always pack tightly with as few gaps as possible.
4. Try to avoid fixing anything to the outside of your pack (sleeping mat and walking poles are the exceptions)

Draw arrows to where about the items should go when packing the bag.

First Aid kit

Spare clothes

Food

Sleeping bag

Tent

Water Proofs

Water

Stoves



Fuel

Kit List

PERSONAL KIT

Got it	Packed it	Item needed	Specific items we recommend
		Rucksack	Vango: Contour, Sherpa, Pumori, Nanga
		Rucksack liner (or 2 strong plastic bags)	Lifeventure: Dri-store Bags (5, 10, 15, 25, 40, 70 litres)
		Sleeping mat	Vango: Adventure, Trek, Ultralite
		Sleeping bag	Vango: Nitestar, Ultralite, Supernova, Latitude, Venom, Stratos (Cotswold exclusive)
		Waterproof bag (e.g. for storing sleeping bag)	Lifeventure Dri-store Bags (5, 10, 15, 25, 40, 70 litres) Lifeventure Waterproof Compression Stuff Sack 5/10/15 litre)
		Sleeping bag liner (optional)	Lifeventure Expedition Cotton Rectangle/Mummy Sleeper, Expedition Silk Cotton Rectangle/Mummy Sleeper
		Survival bag	Lifesystems Survival Bag
		Small quantity of money (optional)	
		Notebook & pen/pencil	
		Warm hat &/or sunhat (as appropriate)	
		1 pair gloves (if appropriate)	
		1 pair shorts (if appropriate)	
		Sunblock (if appropriate)	Lifesystems - Mountain Formula SPF25, Mountain Formula SPF50, Mountain Combi Stick SPF50
		1 pair gaiters (optional)	
		Waterproof over-trousers	Craghoppers - Travelite Over Trousers
		Jacket/coat (waterproof & windproof)	Craghoppers – Waterproof Shell: Reaction Lite Jacket, Soft Shell: Ionic Hooded Jacket

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Got it	Packed it	Item needed	Specific items we recommend
		Watch	
		Whistle	Lifesystems – Survival Whistle, Safety Whistle
		Torch (handheld or head torch)	Lifesystems – Intensity 220 torch, Intensity 80 head torch,
		Spare batteries & bulb for torch	
		Personal first aid kit (see below)	Lifesystems – Camping first aid kit, Trek first aid kit, Blister first aid kit
		Emergency food rations	
		Water bottle (1-2 Litres)	Lifeventure – Stainless Steel Bottle (600ml, 800ml), Tritan Flask (1000ml), Tritan Bottle
		Knife, fork, spoon	Lifeventure – Basic knife fork & spoon set, Folding knife fork & spoon set; Ellipse knife, fork & spoon set
		Small pocket knife/pocket tool	Victorinox – DofE Pocket Tool (www.DofE.org/go/victorinox2)
		Plate/bowl	Lifeventure – Camping Bowls, Camping Plate, Titanium Plate, Lexan Camping Set, Ellipse plate, Ellipse mug
		Mug	Lifeventure – Camping Mug, Titanium Mug
		Box of matches (in waterproof container)	Lifesystems – Windproof survival matches
		Wash kit/personal hygiene items	Lifeventure – Wash Bag (Small), All Purpose Soap, Dry Wash Gel

GROUP KIT (to carry between the team)

Got it	Packed it	Item needed	Specific items we recommend
		Tent(s)	Vango – Banshee, Helix, Zenith, Pulsar, Nimbus, Halo, Omega, Tempest, Mirage, Hurricane, Apex, Chinook, Equinox, Havoc, Spirit, Spectre
		Camping stove(s)	Trangia 25 & 27 series – 25-1UL, 25-5UL, 25-1GB/UL, 25-2GB/UL, 27-1UL, 25-5GB/UL, 27-5UL, 27-1GB/UL, 27-5GB/UL, Trangia Gas Burner. Vango Folding Gas Stove: compact, lightweight gas stove good for Silver and Gold teams
		Camping stove fuel in an appropriate & safe container	Trangia – Fuel Bottle 0.5L, 1.0L
		Cooking pans	Included with Trangia stoves
		Scourers	
		Tea towels	
		Food (lightweight & including snacks)	
		Plastic bags (for rubbish etc.)	
		Toilet paper	
		Maps (1:50 000/1:25 000)	OS Explorer Map/OS Landranger Map in paper or active laminated versions. OS Custom Made centred on your expedition. See www.DofE.org/go/osmaps
		Compass(es)	Silva Field/Ranger/Expedition 4 compass. www.DofE.org/go/silva
		Map cases	Silva Large Map Case. See www.DofE.org/go/silva
		Camera (optional)	
		Tick remover (optional)	Lifesystems Tick Remover

PERSONAL FIRST AID KIT A personal first aid kit should include the following:

Got it	Packed it	Item needed (all this is included in the Lifemarque Camping First Aid Kit & Blister Kit)
		At least 2 pairs of disposable vinyl (latex-free) disposable gloves
		A large individually-wrapped sterile unmedicated wound dressing
		An individually wrapped sterile unmedicated wound dressing
		An assortment of individually wrapped sterile unmedicated adhesive dressings (e.g. Melolin squares)
		An individually wrapped triangular bandage
		2-3 individually wrapped antiseptic wipes
		Crêpe bandage
		Large safety pins
		Small pair of safety/medical scissors
		A pair of tweezers
		Assorted adhesive plasters (e.g. zinc oxide, fabric strip, waterproof)
		Microporous (medical) adhesive tape (or fabric adhesive tape)
		Blister plasters/blister kit
		Chiropody felt
		Burns wound dressing
		Eye wash (can also act as a wound wash)

ADDITIONAL OPTIONAL KIT for you to consider

These are items that might not be necessary on every expedition but which can be very useful/essential in certain situations.

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Got it	Packed it	Item needed	Specific items we recommend
		Hydration pack	Vango 2L Hydration pack
		Storm shelter	Vango – Storm Shelter.
		Stove multidisc (collander/lid/cutting board)	Trangia – Multidisc 25 series, Multidisc 27 series
		Menu guidance	DofE Outdoor Eating App (iPhone only). (www.DofE.org/go/food)
		Pre-packed expedition food	Vestey Foods (www.DofE.org/go/vestey) single pouches & 12 hour packs
		After-sun cream	Lifesystems Aftersun Soothing Lotion (200ml)
		Sunglasses	
		Insect repellent	Lifesystems – Expedition 50+ Insect Repellent, Natural 40+ Insect Repellent
		Stopwatch	
		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 125ml sponge on or spray on, Tent & Gear Solarproof 500ml, Tech Wash 300ml bottle, TX.Direct Wash-In 300ml bottle.
		String	
		Spare boot laces	
		Tin opener	
		Ball, playing cards etc.	
		Trowel	
		Shewee	www.shewee.com
		Mosquito net	Lifesystems – Micronet Mosquito Nets
		Emergency lightsticks	Lifesystems – 12h Light Stick
		Water purifying tablets	Lifesystems – Chlorine Dioxide Tablets
		Travel plug	Lifesystems – Travel Adaptor
		Security pouch	Lifeventure – Body Wallet (Waist, Chest)

Useful Links

<http://www.dofe.org/>

<https://www.edofe.org/Profile/LogUser.aspx>

<https://www.ordnancesurvey.co.uk/oswebsite/>

<http://www.cotswoldoutdoor.com/>

<http://raider.mountunion.edu/~mcnaugma/topographic%20maps/contour.htm>

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