EXPEDITION KIT LIST
Beaconsfield High School

updated **1 February 2022**

This list is a GUIDE to the items you may need when doing a DofE expedition.
Remember, your DofE Expedition Supervisor will have the final say on the suitability of the kit required for your expedition.

DofE Card

Save at least 10%, or more*, with your DofE Card at our five DofE Recommended Retailers: GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso.

- Participants and parents – 10% or more
- Leaders and volunteers – 15% or more

Free in-store boot and rucksack fittings available.

Your card is in your DofE Welcome Pack or download your personalised Digital DofE Card from eDofE or the DofE app.

Go to **DofE.org/shopping/card** for full details.

CLOTHING/ PERSONAL KIT

Item needed	Examples For reference only not a recommendation	Got it	Packed it
1 pair of walking boots with ankle support (broken in)	Hi-Tec: Eurotrek Lite WP, Aysgarth WP, Summit WP, Bandera Lite WP, Bandera II WP, Ravine WP, Raven Mid WP, V-Lite Psych Mid WP		
2 pairs of walking socks			
2 pairs of sock liners (optional)	Bridgedale: LINERS Base Layer Coolmax Liner		
Coat (must be waterproof and windproof)	NOT a ski Jacket Craghoppers: Orion, Atlas, Explore Waterproof Jackets		
Waterproof over-trousers	Craghoppers: Ascent Overtrousers		
2 fleece tops or similar (NOT Sweat shirts)	NO hoodies		
2-3 t-shirts (thermal optional)	Craghoppers: Atmos T-shirt		
2 walking trousers/leggings (warm, NOT jeans)	MUST be full legged		
Thermals	Dependent on time of year		
Underwear			
Nightwear	Can include a hat and gloves to ware at night, thermals can also be used as night ware		
Flip flops/sandals (optional for camp site use)			
Warm hat and sunhat/Cap			
1 pair gloves			
1 pair gaiters (optional)			

PERSONAL KIT

Item needed		Got it	Packed it
Rucksack approximately 65 Liters in size	Vango: Contour, Sherpa, Summit rucksacks		
Rucksack liner (or strong plastic bags, rubble sacks **NOT black bin bags**)	Lifeventure: Ultralight Dry Bags (2/5/10/15/25/35/55/75L) and Compression Sacks (5/10/15L)		
Sleeping bag (idealy a 3 season bag)	Vango: Nitestar, Latitude, Ultralite Pro, Olympus Pro, Zenith, Microlite sleeping bags		
Sleeping mat	A foam yoga type mat will work		
Waterproof bags/strong plastic bags	Used to pack clothes and kit it to keep dry		
Sleeping bag liner (optional)	Thin fleece, silk or Cotton sleeping bag liners , help if you have a thinner bag		
Whistle			
Torch (head torch and spare batteries)			
Personal first aid kit	To include paracetamol, ibuprofen, blister plasters and an elasticated bandage		
Personal Food (including emergency rations packed separately)	Lunches packed per day and snacks for during the day		
Emergency Clothes (Packed and sealed)	Warn Top a fleece, tee shirt, trousers/leggings and socks		
Water bottle Metal 1L x2	One Given to all Bronze students on expo		
Cutlery			
Plate and bowl	Plastic or metal		
Walking Poles (optional)			

Item needed		Got it	Packed it
Mug	Plastic or Metal		
Box of matches (in waterproof container)			
Wash kit/personal hygiene items (some items could be shared as a group)			
Sunblock	SPF50+		
Compass	Given to all bronze students on expo		
Map Case	Given to all bronze students on expo		
Notebook and pen/pencil			
Watch	Not a Smart Watch		
Survival bag			
Toilet Roll and Zip lock bags/sealable bags			
Duck tape (for repairs to rips)	Can be rolled around a pencil / walking pole to save space		
Small tube of super glue	Packed in a small plastic bag (kept in first aid kit)		

GROUP KIT (to carry between the team)

Item needed		Got it	Packed it
Tent(s) Light weight hiking style (2or 3 person ideally)	Vango Trek Pro range: Banshee, Pulsar, Halo, Omega, Tempest, Mirage, Cairngorm tents Vango Experience range: Nova, Scafell, Helvellyn, Nevis tents		
Camping stove(s)	Trangia Large size (cooks for 3 to 4) 2 per group with a methylated spirit burner		
Camping stove fuel (in an appropriate and safe container)	: Red Safety Fuel bottles (0.3/0.5/1L)		
Fuel for Stove	Methylated spirit minimum needed 0.8L		
Cooking pans	Included with Trangia stoves		
Scourers			
Wooden Spoon			
Tea towels			
Plastic bags (for rubbish etc.)			
Washing up Liquid	Small bottle (travel size)		
Maps (1:25 000/1:50 000)	Given to all students on expo		
Small trowel	Gold Only		
Camera (optional)			
Tick remover (location dependent – ask your Supervisor)	Usually only on Gold		
Food For Group meals	Evenings and Breakfast		

ADDITIONAL OPTIONAL KIT (for you to consider)

Item needed		Got it	Packed it
Head/Neck Scarf			
Hydration pack			
Storm shelter	Only at Gold		
Small pocket tool			
After-sun cream			
Sunglasses			
Insect repellent			
Stopwatch			
Waterproofing (pre-expedition)			
String			
Spare boot laces			
Playing cards.			
Mosquito net	Only at Gold		
Emergency lightsticks	15h Light Sticks, 8hr Light Sticks only usually for Silver and Gold		
Water purifying tablets	Only at Gold		