



DofE Equipment list (CANOEING)

We recommend that your group develop their own equipment list and use the resources on the DofE website in order to help you do this. The following equipment list is provided as a guide.

Individual Equipment

Waterproof coat (waterproof & windproof)
Waterproof over-trousers
2 pairs sock liners (optional)
2-3 t-shirts
Thermal t-shirt (optional)
2 fleece tops or similar
2 walking trousers (warm, NOT jeans)
Underwear
Sports bra (optional)
Nightwear
1 pair of trainers (optional)
Warm hat &/or sunhat (if appropriate)
1 pair gloves (if appropriate)
1 pair shorts (if appropriate)
Suncream (if appropriate)
Wash kit + Small Towel
Rucksack liner (or 2 x large plastic bags)
Sleeping mat
Bowl /Mug
Knife, fork, spoon
Water bottle (2 Litres)
Sleeping bag + Waterproof bag
Sleeping bag liner (optional)
Insect Repellent (optional)
Notebook & pen/pencil
Watch
Whistle
Torch + batteries
Personal first aid kit
Emergency food rations
Box of matches (in waterproof container)

Group Equipment

Tent(s)
Camping stove(s) / Trangia
Camping stove fuel in an appropriate Fuel Bottle
Cooking pans
Scourers + washing up liquid
Maps (1:25 000)
Compass(es)
Map cases
Camera (optional)
Toilet paper
Tea towels
Food
Plastic bags (for rubbish etc.)
Survival bag
Water Purifying Tablets (*GOLD ONLY*)
Food

Specific to Canoe Expeditions

Water shoes or trainers
Buoyancy aid
Helmet
Canoe with buoyancy blocks or air bags
Paddle
Throw line
Water Bailer
Dry bags or dry barrels
Watersports jacket with hood (optional)
Kneeling pad (optional)
Straps to secure equipment
Waterproof map case (optional)
Waterproof valuables pouch (optional)

