

DofE EQUIPMENT LIST

We recommend that you develop your own equipment list. We will discuss the equipment needed and train you to select equipment based on the following equipment list, which is provided as a guide.

Individual Equipment

Essential

Rucksack 65 - Litres or larger
Rucksack liner or 2 extra heavy-duty bin bags
Waterproof coat (waterproof & windproof)
Waterproof over-trousers
Walking boots
T-shirts
Fleece tops or similar
Walking trousers (warm, NOT jeans)
Underwear
Walking boot socks
Sleeping mat (foam or inflating)
Bowl / Mug + Knife, fork, spoon
Water bottle(s) (to carry 2 Litres)
Sleeping bag in a waterproof bag
Watch
Torch + batteries and bulb
Personal first aid kit + Medication
Emergency food rations
Wash kit
Toilet paper + bags

As weather appropriate:

Warm hat &/or sunhat
1 pair gloves
1 pair shorts
Sun Cream
Thermal t-shirt

Optional:

Sleeping bag liner
Insect Repellent
Notebook & pen/pencil
Sports bra
2 pairs liner socks
Nightwear
Towel
1 pair of light trainers
1 pair gaiters
Camera

Group Equipment

Tent(s)
Camping stove(s)
Stove fuel in an appropriate fuel Bottle
Cooking pans
Pan scourers + washing up liquid
Orange Survival bag
Compass (x2)
Maps
Toilet paper + bags
Tea towel (optional)
Group Food
Plastic bags (for rubbish etc.)
First Aid Kit
Whistle
Box of matches (in waterproof container)
Equipment for completing your expedition aim

When packing remember to consider

- ✓ Is it essential?
- ✓ Can you share this item with someone?
- ✓ *Item Weight and if you reduce the weight?*
- ✓ *The warmth, weight and comfort of clothes when wet.*
- ✓ *Drying time of clothes if they were to get wet.*
- ✓ *Have you got enough to stay warm in the wet and wind?*
- ✓ *Squashability / pack size.*

As a general rule -

You should be wearing one set of clothes and have one spare in your bag as an emergency. For Silver and Gold expeditions you may wish to consider an extra t-shirt or underwear.

