**DofE KIT LIST**

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| **Personal Kit** |
| Code | Description | Comments | Check |
| **M** | 1 pair walking boots with ankle support |  |  |
| **M** | 2 pairs walking socks |  |  |
| **C** | 2 pairs sock liners (optional) |  |  |
| **M** | Waterproof jacket |  |  |
| **M** | Waterproof over-trousers |  |  |
| **M** | T-shirts | 1 per day |  |
| **C** | Thermal t-shirt (optional) |  |  |
| **M** | Fleece jacket |  |  |
| **S** | Spare fleece jacket | A warm dry jacket is invaluable for overnight use |  |
| **M** | 2 pairs walking trousers (not jeans) | 1 pair for walking in, 1 for use at campsite |  |
| **M** | Spare underwear | 1 per day |  |
| **M** | Warm hat |  |  |
| **M** | 1 pair gloves |  |  |
| **S** | 1 pair gaiters |  |  |
| **C** | Sun hat |  |  |
| **C** | 1 pair shorts (if appropriate) |  |  |
| **S** | Sunblock (if appropriate) | SPF 30 - 50 |  |
| **S** | Insect repellent |  |  |
| **C** | Mosquito headnet |  |  |
| **C** | Night wear |  |  |
| **C** | Flip flops or trainers |  |  |
| **M** | Rucksack Vango | 60–65 litre  |  |
| **M** | Rucksack liner (or 2 strong plastic bags) | For waterproofing kit |  |
| **M** | Sleeping bag | -5 comfort rating |  |
| **M** | Sleeping mat |  |  |
| **C** | Sleeping bag liner |  |  |
| **M** | Waterproof bag for sleeping bag |  |  |
| **M** | 1/50,000 printed map of route plus route cards |  |  |
| **M** | Waterproof map case |  |  |
| **M** | Compass |  |  |
| **M** | Watch  | For timing navigation legs |  |
| **M** | Personal first aid kit  | See notes below |  |
| **M** | Medication | Inhalers, Combi-pens, etc  |  |
| **M** | Whistle  | For emergency signalling |  |

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| **Personal Kit** |
| Code | Description | Comments | Check |
| **M** | Torch or head torch |  |  |
| **M** | Spare batteries for torch |  |  |
| **M** | Notebook & pen/pencil |  |  |
| **M** | Water bottle | Minimum 1 1/2 litres per day |  |
| **M** | Water purification tablets |  |  |
| **S** | Small flask |  |  |
| **M** | Mug |  |  |
| **M** | Eating bowl or plate |  |  |
| **M** | Knife Fork Spoon |  |  |
| **M** | Food | Must include 1 substantial cooked meal per day, breakfast and snacks for eating during the day |  |
| **M** | Emergency food |  |  |
| **M** | Small wash kit/personal hygiene items(tooth brush, soap, hand gel) |  |  |
| **S** | Towel |  |  |
| **M** | Box of matches in waterproof container |  |  |
| **C** | Windproof matches |  |  |
| **M** | Spare shoe laces |  |  |
| **C** | Small roll of duct tape |  |  |
| **C** | Small pocket knife |  |  |
| **C** | Small quantity of money (optional) |  |  |
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Personal first aid kits should include personal medication, pain relief, antihistamine cream, antiseptic cream, adhesive plasters, compeed, etc.

Make sure that the Expedition Supervisor, Assessor, other staff and team members aware of any relevant medical condition that may impact on your safety.

Let Supervisor and the rest of the team know where you have packed any medication that you use (for example inhalers and epi-pens).

Make sure the Supervisor and other staff are aware if you are allergic to anything, including antibiotics or any other medicine or drug.

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| **Team Kit** |
| Code | Description | Comments | Check |
| **M** | Tents | **Available from store** |  |
| **M** | Camping stoves(trangia) | **Available from store**Minimum 2 per team |  |
| **M** | Camping stove fuel cylinders | 1 per stove |  |
| **M** | Cooking pans  | (part of trangia) |  |
| **S** | Scouring pad |  |  |
| **C** | Tea towel |  |  |
| **M** | Small trowel | For outdoor toilet |  |
| **M** | Toilet paper |  |  |
| **M** | Rubbish bags |  |  |
| **M** | Full OS 1/50,000 map of area | Minimum 2 per team |  |
| **M** | Team First Aid Kit | **Available from store** |  |
| **M** | Bothy bag (survival shelter) | **Available from store** |  |
| **S** | Survival bag |  |  |
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Team first aid kits should include bandages and dressings, protective gloves, scissors, tick removers and tweezers etc. team first aid kits should not include plasters, creams or tablets that people might be allergic to.

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| **Optional Kit** |
| Code | Description | Comments | Check |
| **C** | Camera | For recording your journey or supporting your aim |  |
| **C** | Playing Cards |  |  |
| **C** | Campsite Games |  |  |
| **C** | Addition kit to support the Aim |  |  |
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**The policy on mobile phones will vary between expeditions, dependent on the composition of the team and the nature of the route.**

This policy must be discussed with the Expedition Supervisor, the Assessor and the Team before the start of the expedition.

Guide to Codes:

**M = Must have items (participants will not be allowed to take part in an expedition without these items)**

**S = Should have items (items that would make life easier in poor weather conditions)**

**C = Could have items (items that are not safety critical but make life easier or more comfortable)**