



# DofE EXPEDITION EQUIPMENT LIST

Regardless of your past experiences, this equipment is the minimum required for DofE expeditions undertaken with Chase Training Solutions and is based on the recommendations of the DofE.

## To Wear Walking

- 1 x pair Walking Boots (broken in) and spare laces
- 1 x pair Walking Socks
- 1 x pair Thin Socks / Sock Liners (optional)
- 1 x Thermal Top or T-shirt
- 1 x Microfleece / Sweater
- 1 x Walking Trousers (warm; NOT jeans)

## Personal Kit (To Carry)

- 1 x Large Rucksack (approximately 65 litre capacity)
- 1 x Rucksack Liner (or 2 x strong, large plastic bags)
- 1 x Sleeping Mat
- 1 x Sleeping Bag
- 1 x Waterproof Bag (Dry Store Bag) (for storing sleeping bag)
- 1 x Sleeping Bag Liner (optional)
- 1 x Survival Bag
- 1 x Personal First Aid Kit
- 1 x Watch
- 1 x Whistle
- Small quantity of money (optional)
- 1 x Notebook and Pen / Pencil
- 1 x Torch, spare batteries and bulb (e.g. small Maglite or Petzl headtorch)  
(spare bulb not required for LED torches)
- 1 x Water Bottle / Carrier (e.g. Sigg, Nalgene, Platypus or strong plastic)
- 1 x Knife, Fork, Spoon set / Spork
- 1 x Plate, Bowl, Mug set
- 1 x box of Matches / lighter (sealed in a dry container or bag)
- 1 x Small Wash Kit
- 1 x Small Towel
- Antibacterial Hand Sanitizer Gel
- 1 x Insect Repellent (optional)

## Personal Kit (To Carry) - Continued ...

- 1 x Waterproof and Windproof Jacket
- 1 x Waterproof Over-trousers
- 3 x pairs Underwear
- 2 x pairs Walking Socks
- 2 x Thermal Tops or T-shirts
- 1 x spare Microfleece / Sweater
- 1 x spare Walking Trousers (warm; NOT jeans)
- 1 x pair of Trainers / Alternative Footwear (optional)
- 1 x Hat (warm)
- 1 x pair Gloves (warm)
- 1 x pair Shorts (if appropriate)
- 1 x Sunhat
- 1 x bottle of Sun Cream
- 1 x pair Gaiters (optional)

## Team Kit

- 2-3 x Tents
- 2-3 x Camping Stoves (& fuel, in a safe container)
- 2-3 x Cooking Pots (if not incorporated in stove e.g. Trangia)
- 2 x Scourers / Washing-up Materials
- 2 x Tea Towels
- Food (small & lightweight, as per menu planner)
- 2 x Maps of the area
- 2 x Map Cases (one for each map)
- 3 x Compass (Silva / Recta type)



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