



Kit List



DofE Kit List – Basic	Got it	Packed it
Personal		
Any Self-Medication/inhaler		
Food (the correct amount for your expedition)		
Rucksack (55 – 65 litre)		
Sleeping Bag (3 seasons)		
Roll Mat		
Walking Boots (Worn in to prevent blisters)		
Hat/baseball cap		
Small torch/head torch & Batteries		
Drinks Bottle/hydration pack/platypus		
Mug		
Knife/Fork/Spoon or Spork		
Toiletries & small Micro towel (Please keep these to a minimum/ 2 in 1/ Airplane size)		
Suncream and Sunglasses		
Small amount of cash (for Ice cream/ Cold drink at the end)		
Watch (No smart watches)		
Campus		
Survival Bag and Whistle		
3 Bin liners, 1 for the inside of the Rucksack, 1 for sleeping bag and 1 for roll mat, plus spares		
Insect Repellent		
Personal First Aid Kit (Bite cream, Blister Plasters, Plasters)		
Group		

Tea Towel & very small plastic bottle (aeroplane size) of Washing up liquid/pan scrub		
Waterproof Matches		
Card/ Games (Optional)		
Clothes		
1 x Fleece		
Underwear		
1 x PJs (Long sleeved and long Trousers)		
1 x Walking trousers/ Sports leggings		
1 x Shorts		
1x spare T-shirt (You can wear your dofe shirt)		
2 x Walking Socks		
1 x Sliders/ Flip Flops		
1 x Waterproof Coat		
1 x Waterproof Trousers /Over Trousers (Optional)		

Stores that offer DofE discount or Stores with low cost:

[Go Outdoors](#)

[Blacks](#)

[Millets](#)

[Tiso](#)

[Ultimate Outdoors](#)

[Mountain Warehouse](#)

[Sports Direct](#)

Queenswood have Rucksacks and Roll Mats available to hire for £5 per item, Please email if you would like your daughter to hire an item.

The camping items (Tents, Camping Stoves, Camping Pots and Pans, Gas, Maps) will be provided by Peak Expeditions.