



## Expedition Personal Kit List

Item	I've got it...	It's packed...
<b>CLOTHING</b>		
1 pair of walking boots		
2/3 pairs of walking socks		
2/3 t-shirts		
2 fleece tops or similar (no hoodies)		
2 walking trousers (NOT jeans)		
Underwear		
Nightwear (teddy optional)		
Flip-flops/trainers/sliders etc. (optional for campsite use after cooking)		
Warm hat or sunhat (as appropriate)		
1 pair gloves		
Waterproof and windproof jacket		
Waterproof over-trousers		
1 pair gaiters (optional)		
<b>PERSONAL KIT</b>		
Rucksack (60-70 litre)		
Rucksack liner (or 2 plastic sacks)		
Sleeping bag (plus an optional sleeping liner for added warmth)		
Sleeping mat		
Whistle		
Torch (hand held or head torch) and spare batteries		
Personal First Aid kit		
Expedition food (including emergency rations)		
Water bottles (enough for 2 litres)		
Knife, fork, spoon or Spork		
Plate/bowl		
Mug		
Box of matches (in waterproof container)		
Wash kit/personal hygiene items/toilet paper/optional biodegradable wet wipes		
Towel		
Small quantity of money (@£5)		
Notebook and pen/pencil		
Watch		
Sunglasses		
Sun Cream		
Insect repellent		
Spare bootlaces		
Personal medication		

You can also download DofE's full expedition kit list: [www.dofe.org/dofe-expedition-kit-list](http://www.dofe.org/dofe-expedition-kit-list)