



DofE 2018
Adventure

Kit Guide

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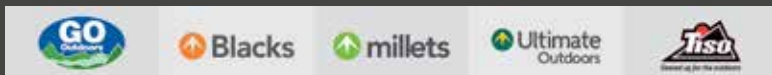


ST. JAMES'S PLACE
WEALTH MANAGEMENT

How to use this guide

This guide will help you to choose and then find the right kit for your DofE Adventure. Each kit item category includes information, tips from the experts and some money saving ideas.

This guide has been created with advice from our five DofE Recommended Retailers. Staff at your nearest GO Outdoors, Blacks, Millets, Ultimate Outdoors or Tiso (Scotland only) will be happy to give further advice. Visit our store finder and find your nearest DofE Recommended Retailer of Expedition Kit. www.DofEShopping.org/storefinder



What does DofE Recommended Kit mean?

The DofE has great relationships with expert expedition kit suppliers and manufacturers. We test and recommend their kit based on its design and suitability for the kinds of expeditions usually undertaken by DofE participants.

We don't look for the most high end or expensive kit, but kit that is fit for purpose and represents good value for money. They are recommendations *only* and not kit that DofE Adventurers *must* use.

The DofE Charity receives a royalty from all sales of Recommended Kit items, which helps to support our work with young people.

Use the handy checklist at the end of this guide to help you plan for your DofE Adventure.

Look out for this logo

All of our Recommended Kit has been tested by DofE expedition teams.



The DofE Adventure would not be possible without the kind support of our partners.

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WEALTH MANAGEMENT

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Seven questions a DofE Adventurer should ask...

Answer these seven questions to help you make sure you get the kit you really need for your adventure.

1 Have I got my DofE Kit List?

When planning your adventure, the kit list is the one thing you must not forget. Take it when you go shopping and when packing – it's a great checklist. Download it from DofEChallenge.org/resource



2 What's already in my wardrobe?

Check what kit you already have that you could use (but avoid denim and cotton items).



3 What can I borrow?

Ask around and see what people have and would be happy to lend, particularly small items like hats, sun cream and water bottles.



4 What's the weather likely to be?

You must have waterproofs, but check the forecast. Do you need dry-bags and extra waterproofing? What about sun cream/sun hat/sunglasses?



5 How long am I going for?

Plan so that you have enough food and clothes for one or two days (depending on your Adventure). Remember you will need to be able to carry everything in your rucksack.

6 What else would I use the kit for?

Would you use the boots every day walking the dog or take the rucksack on your travels? It might be worth spending more if you'll get that value back over time.



7 Where can I get a professional boot fitting?

The range of walking boots is vast because people's feet are so different. If you want a boot to last, make sure you get a professional fitting to buy a pair that really fits you. The five DofE Recommended Retailers are GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso and they all provide a free boot fitting service.



We're delighted to offer DofE Adventurers this voucher to use with DofE Recommended Retailers of Expedition Kit.



**Online discount code:
JDO-DOFE-PAR**



GOOutdoors.co.uk

Extra 10%

off the GO Outdoors Discount Card price. Inspiring everyone to get outdoors, for less... and love it as much as we do.



Blacks.co.uk

10%

off the current selling price. Includes reduced price items. Proud to be a part of your outdoor life.



Millets.co.uk

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off the current selling price. Includes reduced price items. The destination for family adventure.



Ultimateoutdoors.com

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off the current selling price. Includes reduced price items. The number one destination for all things outdoors.



Tiso.co.uk

15%

off the retail price. Scotland's leading specialist retailer for outdoor clothing, camping equipment and climbing gear.

Save money in over 200 stores nationwide and online.

Visit DofEShopping.org/card for more details and terms and conditions.

Find your nearest store at DofEShopping.org/storefinder

This group of outdoor stores gives you access to the biggest range of outdoor kit at the very best prices in over 200 stores across the UK.

All purchases generate a donation to the DofE Charity, helping us keep costs down.

Terms and conditions apply. Some promotions and products are exempt and these vary by retailer.

Visit DofEShopping.org/T&Cs for full details. Voucher expires 31 December 2019.



Hiking boots

Your most important item of kit and one you will almost certainly need to buy.

It's a personal thing

Feet come in all shapes and sizes and different boots may suit different kinds of feet.

It is essential that you try on boots and walk around in them before committing to buying them.

More expensive boots use Gore-Tex (breathable and waterproof) and leather (soft, durable and waterproof) combined with shock absorbing, high grip soles.

Wear your boots regularly to break them in to your feet.



We recommend...



Money saver!

Often you can get last season's boots in the sales and you can still get a professional fitting.

If you decide the boots don't fit, some retailers will allow you to return boots if you have only worn them indoors.

Find out more about walking boots at DofEShopping.org/boots.

Kit Guide

Expert tips

- It is common to use additional padding like a foot bed to help get the best possible fit.
- There are several ways to lace boots, each giving a slightly different fit so ask when getting fitted.
- Take lightweight trainers or flip flops to wear at Base Camp to rest your feet.

Before you buy...

Key things to know

1. Try on boots while wearing walking socks and walk around in them.
2. The boots must have ankle support to protect you while walking with a heavy rucksack (essential in wild country), and check there is a good deep tread for grip.
3. Think about how often you'll use your boot and spend money appropriate to that use.

Walking socks

Good walking socks are a mix of wool to give warmth and cushioning, and technical fibres for strength and absorbing moisture. They are specially designed to protect your feet during expeditions.

Types of socks

Midweight: designed for all year round hiking use with leg and underfoot cushioning.

Lightweight: designed for hikes during the spring and summer with underfoot cushioning.

Liner sock: ultra-thin, worn under a walking sock to aid dryness and hygiene. Liner socks also help to prevent rubbing.

We recommend...


bridgedale

Money saver!

If you need to, buy one outer sock pair and two liners. Liners can be easily washed and dried overnight keeping fresh socks next to your skin.

Find out more about walking socks at DofEShopping.org/socks.



Kit Guide

Expert tips

There are two easy ways to make your expedition socks last much longer:

1. Always wash your socks inside out as the water reinvigorates the underfoot cushioning.
2. Avoid wearing your socks on carpet; it acts like velcro and creates a bobbling effect.
3. You should never wear cotton socks on a long hike.

Before you buy...

Key things to know

1. An investment in good walking socks can be the key to an enjoyable hike and help avoid nightmares with blisters.
2. It's best to take as many pairs as hiking days so you have a clean, dry pair every day.
3. Choose your socks and then wear them when trying on boots.
4. If you wear a smooth liner sock, and then your hiking sock on top, it can help to reduce blisters – but try it first!

Waterproofs

We recommend that every DofE Adventurer has a waterproof jacket and trousers. This outer (shell) clothing layer protects against rain, wind and cold.

It's a personal thing

Expedition jackets are very lightweight and designed to be both waterproof and breathable to ensure your inner layers stay dry.

Waterproof trousers work in the same way. These are usually worn over the top of outdoor trousers.

Gaiters are a personal choice. They cover the tops of boots and lower legs and are very good for moorland, boggy or grass areas to protect against dew.

We recommend...



CRAGHOPPERS

Money saver!

For best value, choose a jacket that you'd wear for other outdoor activities or everyday use.

You can make your jacket last much longer by using a waterproofing cleaning product.

Find out more about waterproof clothing at DofEShopping.org/waterproof-clothing.

Kit Guide

Expert tips

- Check that your jacket is waterproof, not just water-resistant.
- Put your waterproofs on at the first sight of rain.
- Avoid winter jackets. Layer your clothing so you can regulate your body temperature.

Before you buy...

Key things to know

1. Talk to store staff about what activity you are doing and get a jacket designed for hiking.
2. Use a jacket with a front zip rather than a pullover. It goes on faster and can be worn open. Check that it comes with a hood, ideally one which does not flop over your face.
3. Check that waterproof trousers are wide at the bottom or have a zip/poppers to the knee to let them go over hiking boots.



Rucksacks

You won't have to carry all your gear on the DofE Adventure, but you can do if you want the extra challenge and a more 'DofE Expedition' experience.

Although rucksacks are often easy to borrow, try to use an up-to-date bag. New technologies have made rucksacks much lighter, comfortable and flexible.

What to look for

Get a bag with a strong waist strap and wide well-padded shoulder straps. It should also have an attached high visibility waterproof cover and an adjustable back system.

A rucksack can be a good investment so it's worth getting the right one first time.

We recommend...



Money saver!

If your rucksack doesn't have a waterproof cover, use a garden waste/rubble bag inside your rucksack to put all your kit in. You can also get waterproofing spray/wash.

If you borrow a rucksack and it has an adjustable back system, make sure you get the bag fitted for you.

Find out more about rucksacks at DofEShopping.org/rucksacks.

Kit Guide

Expert tips

- Look out for a load transferring, adjustable back system on your rucksack and ensure you are fitted for your rucksack; these will make a big difference to comfort while on the Adventure.
- Make sure your pack transfers the weight of your kit to your hips and not on your shoulders.

Before you buy...

Key thing to know

- Some rucksacks are designed for women and smaller men, with narrow shoulder straps and back.
- Rucksacks are measured by their litre capacity (internally and expansion). E.g. 60+10 means a total capacity of 70 litres.



Sleeping bags

Kit Guide

Most sleeping bags come in 'seasons':
1 or 2 = summer, 3 = spring/autumn
and 4 = winter.

Use a bag designed for comfort at the lowest likely night time temperature.

What are your choices?

Synthetic: lower cost but bulkier and heavier than down, but retains better heat insulation if wet.

Down: the best insulation, light weight, easily compressed, very warm and long lasting but more expensive and must be kept dry.



Expert tips

- Invest in an outdoor designed bag with a compression stuffsack to reduce the size.
- Always pack your sleeping bag in your rucksack and waterproof it to keep it dry.

Before you buy...

Key things to know

1. Check it is a 'mummy' sleeping bag – thin at the legs with a hood.
2. Check it has a compression sack which will make it much smaller.

We recommend...



Money saver!

Using a silk or cotton liner is a cheap way of adding an extra season, making your bag last longer. It also means you can borrow someone else's bag (always use a liner if borrowing a sleeping bag).

Find out more about sleeping bags at DofEShopping.org/sleeping-bags.

Clothes and wash kit

Under your shell waterproof layer you'll need lightweight, fast drying inner and middle layer clothing.

What to look for

Hiking clothes are specially designed to be close fitting and will be breathable. This keeps you dry and be more comfortable with the rucksack. They are often also water resistant.

You may need a long-sleeved top and it is usually better to wear lightweight trousers than shorts to protect your skin.

Don't wear jeans. Avoid tracksuit bottoms and hoodies as they are heavy when wet. Avoid cotton clothing.



We recommend...



CRAGHOPPERS

Money saver!

Use your normal toiletries, but only take essentials, and don't take glass items.

If you need luxuries take a very small travel shampoo bottle and lightweight expedition towel. Don't bother with make up/shaving gear. If you're in a team, share items like toothpaste, toilet roll and antiseptic hand wash/gel.

Kit Guide

Expert tips

- If you are doing the two-day Adventure, have a separate set of clothing for use at Base Camp. That way you can air or dry your walking kit.
- Don't use cotton. It's okay when dry, but if it gets wet it holds moisture and takes a long time to dry. If moisture is held next to the skin, it is unpleasant and can contribute to a drop in body temperature and in exposed areas can lead to chills or hypothermia.

Before you buy...

Key things to know

1. Use multiple layers, not one expensive item. Layers allow flexibility to regulate body temperature and stay dry.
2. Think about what other clothes you'll need, like gloves and sleepware.

Packing

Remember – on the DofE Adventure you don't HAVE to carry your rucksack, but you can do if you want the extra challenge and a more 'DofE expedition' experience.

Follow some basic tips and you'll find your Adventure easier.

- Get your rucksack properly fitted for you.
- Pack everything the same way each time, then you'll find and pack your kit quickly.
- Group kit together, e.g. food or spare clothes, and bag them in different colour/transparent bags.
- If the weather is going to be very wet, invest in some dry-bags for spare clothes and sleeping bag.
- Keep heavy items close to your back to help keep your centre of gravity.
- Pack your bag in the order you'll use things. Evening items like your sleeping bag and clothes go towards the bottom of the bag. Waterproofs at the top and gloves, hat, snacks, water and first aid kit in the outer pockets.
- Dry anything before it goes into the bag if you can to save weight.
- Try to get everything inside your bag. Attach anything on the outside securely.
- Make sure your rucksack is not more than a quarter of your body weight.

Money saver!

Use any method to keep kit dry. Bin bags with elastic bands, carrier bags and freezer bags are all useful. Be thorough and plan ahead for rain. Don't let your maps get wet!

We recommend...



Kit Guide

Expert tips

- You can improve the water resistance of your rucksack and tent by treating them in Nikwax Tent and Gear SolarProof and letting them dry naturally.



Campcraft & cooking

Kit Guide

If you are bringing your own food for the DofE Adventure, don't forget to bring all of the gear you need.

Weight can quickly build up, so using specially designed camping gear can help. Each participant should be able to carry at least two litres of water, so get large water bottles.



Find out more and get ideas, menus and tips at DofE.org/food

We recommend...



Download the BTBT DofE menu planner at <http://bit.ly/DofEMenuPlan>.

Money saver!

You can save money on camp kit by using any lightweight household/disposable items like plates or cutlery.



Expert tips

- Meals for when you're hiking long distances are designed to be high energy, low weight, easy to cook and easy to fit into your rucksack.
- To help you cook, you can add scratch marks on the inside of your drinking mug to turn it into a measuring jug.
- Pack plenty of snacks to graze on.

Before you buy...

Key things to know

1. Pack as many calories into the least weight/volume as possible while still having a balanced diet. You'll need 3,000-5,000 calories a day.
2. Choose food you like to eat, that will keep and is quick and easy to cook. If you're in a team, plan meals you can cook and eat together.
3. 'Waterproof' food (Ziploc bags work well) and ensure it can withstand being squashed.

Burners & fuel

Kit Guide



What to look for

The Trangia is the classic DofE stove. Safe, compact, lightweight, easy to clean and cheap to run.

Most DofE groups use them as they last for many seasons and can be used by a whole team.

Trangias can use both gas and methylated spirits. Whichever you have, you must be trained before you use one on your own.

Low level gas burners are a great option, being lightweight, small and stable.



Expert tips

- Keep your Trangia burner in the yellow plastic bag provided to stop meths tarnishing and corroding your stove.
- Remember to adjust your lower windshield to allow the optimum flow of air to get to the burner.
- Always use a purpose made fuel bottle with a safety valve to carry your meths in.

We recommend...

 **trangia**

Safety: navigation

Kit Guide

If you are self-navigating on the Adventure you will need a map and compass to navigate.

What to look for

We recommend you use a 1:25 000 scale map.

Always try and use a map case, even if using laminated active maps and laminated route cards, it keeps everything together and provides the best protection against rain.



Expert tips

- Do not store compasses near anything that is magnetic.
- Before setting out, check your compass has not become depolarised (points S not N) by comparing it to which direction in your house is north.
- Polarised compasses can be fixed by running a strong 'south' magnet along the 'north' length of the needle. Silva offer a free service to re-polarise compasses.

We recommend...

SILVA



Ordnance Survey

Money saver!

If you're in a team, see if you can share any kit that needs to be borrowed or bought.

Compasses are easily lost, so tie them to your rucksack or jacket with a long piece of string that can also be used to measure distances on your map.

For more information about navigation, visit DofEShopping.org/navigation.

Safety: first aid

Every DofE Adventurer needs to have some kind of first aid kit, a whistle, emergency rations and a survival bag.



Check that the first aid kit has plenty of plasters, blister plasters and disposable gloves; they are what get used the most.



Don't forget to prepare for hot weather. Check the forecast and make sure you have sun cream if it is needed.



We recommend...



LIFESYSTEMS®

For more information on first aid and tools, visit DofEShopping.org/first-aid.

Kit Guide

Expert tips

- An easy way to be safer to get around at Base Camp is to use an LED head torch rather than a handheld one. It lets you keep both hands free and the light is always pointing where you are looking.



Before you buy...

Key things to know

1. Take a blister kit.
Prevention is better than cure so put some plasters on where you have had blisters before to protect your feet from the start.
2. Ensure that your personal first aid kit allows for allergies, conditions or medication you may have or need.

DofE Adventure Kit List

About the Kit List

This list is an indication of the items you may need for the DofE Adventure. It is to be used as a guide only and there is no obligation to buy the specific items we recommend.

The DofE charity receives a royalty from all sales of DofE Recommended Kit items from any store, which helps to support our work with young people.

Remember

You will be provided with a tent and sleeping mat as a part of your registration fee, so there is no need to pack your own.

Clothing		✓	✓
Item needed	DofE Recommended Items		
Walking boots (broken in)	Berghaus: Explorer Trek and Explorer Ridge boots Vango: Velan, Grivola and Cervino boots	<input type="checkbox"/>	<input type="checkbox"/>
Walking socks	Bridgedale: WoolFusion Trekker, WoolFusion Trekker women's, WoolFusion Trail, WoolFusion Trail women's	<input type="checkbox"/>	<input type="checkbox"/>
Sock liners	Bridgedale: Coolmax Liner, Coolmax Liner women's	<input type="checkbox"/>	<input type="checkbox"/>
T-shirts	Craghoppers: Fusion	<input type="checkbox"/>	<input type="checkbox"/>
Fleece top (or similar)	Craghoppers: Fleece: Vector Hooded Jackets & Half Zip Tops	<input type="checkbox"/>	<input type="checkbox"/>
Walking trousers (not jeans)	Craghoppers: Traverse Trousers	<input type="checkbox"/>	<input type="checkbox"/>
Waterproof over-trousers	Craghoppers: Ascent Overtrousers	<input type="checkbox"/>	<input type="checkbox"/>
Jacket (waterproof and windproof)	Craghoppers: Waterproof Shell: Apex jacket	<input type="checkbox"/>	<input type="checkbox"/>
Gaiters (if appropriate)		<input type="checkbox"/>	<input type="checkbox"/>
Underwear		<input type="checkbox"/>	<input type="checkbox"/>
Nightwear		<input type="checkbox"/>	<input type="checkbox"/>
Comfortable shoes (for Base Camp)		<input type="checkbox"/>	<input type="checkbox"/>
Warm hat or sunhat (as appropriate)		<input type="checkbox"/>	<input type="checkbox"/>
Gloves (if appropriate)		<input type="checkbox"/>	<input type="checkbox"/>
Shorts (if appropriate)		<input type="checkbox"/>	<input type="checkbox"/>
Sunblock & Sunglasses (if appropriate)	Lifesystems: Mountain Formula SPF50, Mountain Combi Stick SPF50	<input type="checkbox"/>	<input type="checkbox"/>

Got it!
Packed it

*Got it!
Packed it*

General items

Item needed	DofE Recommended Items	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Rucksack	Vango: Contour, Sherpa, Pinnacle rucksacks	<input type="checkbox"/>	<input type="checkbox"/>
Rucksack liner (or 2 strong plastic bags)	Lifeventure: Dry Bags (2/5/10/15/25/35/55/75 litres) and Compression Sacks (5/10/15L)	<input type="checkbox"/>	<input type="checkbox"/>
Sleeping bag	Vango: Nitestar, Latitude, Venom and Ultralite Pro	<input type="checkbox"/>	<input type="checkbox"/>
Sleeping bag liner (if appropriate)	Lifeventure: Cotton sleeping bag liners	<input type="checkbox"/>	<input type="checkbox"/>
Survival bag	Lifesystems: Survival Bag	<input type="checkbox"/>	<input type="checkbox"/>
Whistle	Lifesystems: Survival whistle, Safety whistle	<input type="checkbox"/>	<input type="checkbox"/>
Torch (handheld or head torch and spare batteries)	Lifesystems: Intensity 230 head torch, Intensity 155 head torch	<input type="checkbox"/>	<input type="checkbox"/>
Personal first aid kit	Lifesystems: Camping first aid kit, Trek first aid kit, Blister first aid kit, Waterproof first aid kit	<input type="checkbox"/>	<input type="checkbox"/>
Food lunch and snacks plus breakfast and dinner (if bringing your own)	Beyond The Beaten Track: Expedition food packs and ready meal pouches.	<input type="checkbox"/>	<input type="checkbox"/>
Water bottle or hydration pack	Lifeventure: Tritan Flask (1000ml), Tritan Bottle (650ml)	<input type="checkbox"/>	<input type="checkbox"/>
Small pocket knife or pocket tool	Victorinox: DofE Pocket Tool.	<input type="checkbox"/>	<input type="checkbox"/>
Box of matches (in waterproof container)	Lifesystems: Windproof matches	<input type="checkbox"/>	<input type="checkbox"/>
Wash bag / Personal hygiene items	Lifeventure: Wash bag (small), All-purpose soap, Dry wash gel	<input type="checkbox"/>	<input type="checkbox"/>
Insect repellent	Lifesystems: Expedition 50+ insect repellent, Natural 40+ insect repellent	<input type="checkbox"/>	<input type="checkbox"/>
Towel	Lifeventure: Soft Fibre Lite towel (large 120g, x-large 146g, giant 203g)	<input type="checkbox"/>	<input type="checkbox"/>
Money	For emergencies, and food and drink at Base Camp	<input type="checkbox"/>	<input type="checkbox"/>
Fully charged mobile phone and charger/power bank		<input type="checkbox"/>	<input type="checkbox"/>
Maps – 1:25 0000 (if doing self-navigation)	Ordnance Survey: Explorer map, Landranger map standard or weatherproof.	<input type="checkbox"/>	<input type="checkbox"/>
Compass (if doing self-navigation)	Silva: Classic, Field, Ranger, Expedition 4 compass.	<input type="checkbox"/>	<input type="checkbox"/>
Map cases (if doing self-navigation)	Silva: Carry Dry Map Cases – M30.	<input type="checkbox"/>	<input type="checkbox"/>
Camera (optional)		<input type="checkbox"/>	<input type="checkbox"/>

Got it!
Packed it

Cooking equipment (if cooking for yourself)

Item needed	DofE Recommended Items	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Camping stove	Trangia: 25 & 27 series, Gas burner and Liquid fuel burner. Vango: Folding gas stoves.	<input type="checkbox"/>	<input type="checkbox"/>
Camping stove fuel in an appropriate container	Trangia: Fuel bottle 0.3L, 0.5L, 1.0L;	<input type="checkbox"/>	<input type="checkbox"/>
Cooking pans	Included with Trangia stoves	<input type="checkbox"/>	<input type="checkbox"/>
Knife, fork, spoon	Lifeventure: Basic knife fork and spoon set, Ellipse knife, fork and spoon set	<input type="checkbox"/>	<input type="checkbox"/>
Plate, bowl, mug	Lifeventure: Stainless steel camping bowl, camping plate, Titanium plate, Ellipse plate, Ellipse bowl, Stainless steel camping mug, Titanium mug, Ellipse mug, Ellipse Flexi bowl	<input type="checkbox"/>	<input type="checkbox"/>
Food		<input type="checkbox"/>	<input type="checkbox"/>

Share the load

If you are in a team, work out beforehand which items you can share and carry between you.





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Get in touch

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[DofEAdventure.org](https://www.DofEAdventure.org)

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DofEChallenge



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