

Recommended Kit List for DofE

- * Rucksack – suggest 65 litre
- * Rucksack liner, e.g. roll top dry bag or heavy-duty rubble sack
- * Survival bag – this can be used to line the rucksack instead of a separate liner
- * Roll Mat (closed cell foam or self-inflating)
- * Sleeping Bag (3 or 4 season)
- * Rubble sack to keep sleeping bag waterproof
- * Boots (waterproof, covering ankle, leather is usually best and most hardwearing)
- * Headtorch (or hand held)
- * Waterproof jacket
- * Waterproof over trousers
- * Walking socks
- * Trousers (not jeans but light trousers in man-made fabric which could dry in a breeze whilst wearing them)
- * Underwear, etc.
- * Shirts/tops (best man made as dry faster than cotton)
- * Night wear (or thermals which can double up for use in the day)
- * Warm hat
- * Sun hat
- * Gloves
- * Personal First Aid kit (sandwich bag with plasters, own medicines, emergency food ration, etc.)
- * Suncream
- * Knife, fork and spoon (or a spork)
- * Mug, plate or bowl (Tupperware style tubs with lids are the most versatile)
- * Water/drinking bottle (litre size)
- * Matches
- * Personal washing kit (no make-up, hairspray, etc.)
- * Small shower gel bottle or soap
- * Toothpaste (share between group)
- * Brillo pads and/or washing up kit for plates, etc. (shared resource in group)
- * Small towel (travel towel is best)
- * At least two dustbin liners to line rucksack and spare plastic bags for kit/rubbish, etc.
- * Note pad and pencil/pen (to write down details in an emergency)
- * Tissues/toilet paper (could be a group item)
- * Wet wipes (small pack personal)
- * Spare contact lens/glasses if required
- * Snacks
- * A little money
- * Wrist watch
- * Day rucksack/small holdall for travelling clothes/acclimatisation day: 20-30 litres (only for Silver and Gold levels)