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Expedition kit

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clothing and equipment



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Tiso.com



For exclusive discounts, use your new DofE Card or download your DofE Voucher from eDofE. Visit DofE.org/shopping/card for more details.

All active DofE participants are eligible to access these retailers' discounts.



WELCOME

Expedition kit advice from the experts

This guide is aimed at helping participants and parents understand what kit is needed for DofE expeditions.

Each category includes key things to look for in your expedition kit and what the DofE recommends.

DofE Recommended Kit has been tested by the DofE to make sure it is fit for purpose and good value for money.

Whether you are doing your Bronze, Silver or Gold DofE programme, this guide is just a summary. For more detailed information, visit [DofE.org/shopping/kit-guide](https://www.dofe.org/shopping/kit-guide).

For everything you'll need, the DofE Expedition Kit List is your essential

checklist when preparing your kit for your DofE expedition. Find the DofE Kit List at [DofE.org/shopping/kit-list](https://www.dofe.org/shopping/kit-list).

You can save at least 10%, and often more, on all your expedition shopping by using your new DofE Card at GO Outdoors, Blacks, Millets, Ultimate Outdoors or Tiso, in store and online.

The DofE charity receives a donation for every purchase of DofE Recommended Kit or using your DofE Card or Voucher with our recommended retailers.

Good luck on your expedition and thanks for your support.

Always show your DofE Card or Voucher. You'll get the best savings and help young people to do their DofE.

Save at least 10% and often more

And not just on expedition kit

Your new personal DofE Card gives you a discount in five fantastic retailers, in store and online.

GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso are all DofE Recommended Retailers of Expedition Kit and you and your family can use this card to save on everything you buy.



Craghoppers Horizon Waterproof Jacket



RRP £80
GO Outdoors
Discount Card
price £65

DofE Card price £58.50
Saving 27%*



Extra 10%

off the GO
Outdoors Discount
Card price, which is
already at least 10%
off the RRP.

Inspiring everyone
to get outdoors, for
less... and love it as
much as we do.



15%

off the current
selling price.
Includes reduced
price items.

Proud to be a
part of your
outdoor life.



15%

off the current
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The destination
for family
adventure.



15%

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price items.

The number one
destination for all
things outdoors.



15%

off the retail price.

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

Find your nearest store at [DofE.org/shopping/storefinder](https://www.dofe.org/shopping/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. Even better, all purchases generate a donation to the DofE charity helping us keep participation fees down.

Please note: terms and conditions apply. Visit [DofE.org/shopping/T&Cs](https://www.dofe.org/shopping/T&Cs) for more details.

*Pricing and discount valid on 28/06/2019 on GOOutdoors.co.uk



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You'll get the best savings and help support young people to do their DofE.

Visit DofE.org/shopping/card for full details.

To get the most from your card, you need to know how to use it.

Your DofE Card explained...

Your DofE Card is ready to use from today. It is personalised to you from the information you have registered on eDofE.

Use the different codes on the back of the card to claim your discount in store and online.



Online

Use the online code at GOoutdoors.co.uk, Blacks.co.uk, Millets.co.uk, UltimateOutdoors.co.uk and Tiso.com.

In store

Show the barcode at any GO Outdoors, Blacks, Millets, Ultimate Outdoors or Tiso store to get your discount.

Please note your DofE Card will need to be registered at the checkout the first time you use it in GO Outdoors.

Make sure your card is scanned at the checkout each time you use it.

Find your nearest store: DofE.org/shopping/storefinder

Buy online at:

GOoutdoors.co.uk

Blacks.co.uk

Millets.co.uk

GOoutdoors.co.uk

UltimateOutdoors.co.uk

Tiso.com

Terms and conditions: T&Cs vary for each store. Visit DofE.org/shopping/card/tcs for full details.



DofE Expedition Kit Guide

Kit advice and money saving tips

This guide is aimed at helping participants and parents find the kit for their expedition. Having the right kit can make your expedition more enjoyable whatever your Award level, location or weather.

Download at DofE.org/shopping/kit-guide

2019/2020

Expedition Kit Guide

For participants and parents

Waterproof clothing



What to look for

Choose a decent waterproof jacket and waterproof trousers to ensure you are protected on your expedition. It is a good idea to look for a jacket and trousers that are lightweight, comfortable and plenty of pockets. It is also a good idea to look for a jacket with a hood.

Before you buy

1. Talk to those staff about what activity you are doing and get a jacket designed for that activity.
2. Look out for waterproof zips - down the centre and on pockets. This helps keep the wind out.
3. Check that trousers are wide at the bottom or have zip-up cuffs to the knee to help keep your feet/dry boots.
4. Knee pads to overtrousers are great for ease of movement, especially on an ascent.



CRAGHOPPERS

Money saving tips

1. Buy your kit in a shop that has a good return policy.
2. Buy your kit in a shop that has a good return policy.
3. Buy your kit in a shop that has a good return policy.

Find out more at DofE.org/shopping/waterproof-clothing

Look after your feet on expedition

Tip on foot care before, during and after your expedition.

Before your expedition

During your expedition

After your expedition

No other piece of kit affects the enjoyment of your expedition more than your feet. To download the How to look after your feet poster and more foot care advice, visit DofE.org/shopping/boots

DE EXPEDITION KIT LIST

About the kit list

This list is an overview of the items you may need when undertaking a DofE expedition. This list 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 regular flow of items from any charity which helps support our work with young people.

Get expert kit advice

See the free DofE Expedition Kit Guide, full of essential advice and money saving tips.

DofE Vouchers and the DofE Card

See it here: DofE.org, where you can apply for your expedition kit at G.O. Outdoors, Blacks, M&S, Urban Outfitters and T.co.

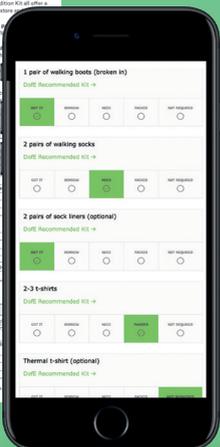
Specific tested items we recommend:

- 1 pair of walking boots (broken in)
- 4 pairs of walking socks
- 2 pairs of sock liners (optional)
- 2-3 t-shirts
- Thermal shirt (optional)
- 2 fleece tops or similar
- 2 walking trousers (men: "SOFT" pants) and/or women
- High-top trainers/waterals etc (optional for camp use)
- Warm hat & beanie (if appropriate)
- 1 pair gloves (if appropriate)
- 1 pair shorts (if appropriate)
- Waterproof over-trousers
- 1 jacket best waterproof & windproof
- 1 pair gloves (optional)

PERSONAL KIT

Specific tested items we recommend:

- Backpack
- Backpack liner (if a strong plastic bag)
- Swapping bag
- Swapping bag
- Waterproof bag
- Swapping bag (if optional)



DofE Expedition Kit List

Your essential expedition check list

What have you got? What can you borrow? What do you need to buy? The DofE Kit List also features DofE Recommended Kit that has been tried and tested to be fit for purpose and value for money for DofE expeditions.

Download or plan online at DofE.org/shopping/kit-list

Rucksacks

Tips for buying expedition rucksacks

— DofE recommends: Vango Sherpa rucksack —



Your rucksack will carry all your essential items for your expedition. It's important to have a practical rucksack that keeps everything dry and organised, whilst still being comfortable.

What to look for

- Get a rucksack that's the right size to hold all your expedition kit. The DofE recommends at least 60L for Bronze expeditions. Silver and Gold expeditions may need a 70L rucksack.
- Find a rucksack that is the right size for you. Vango make a shorter back system for a comfortable fit for smaller participants.
- Try out packing your rucksack before your expedition. This allows you to check you have everything and that it will fit in the rucksack properly.
- For more advice on rucksacks, visit [DofE.org/shopping/kit-guide](https://www.dofe.org/shopping/kit-guide)

Save on your expedition kit with our DofE Recommended Retailers

GO Outdoors | Blacks | Millets | Ultimate Outdoors | Tiso

Join Vango Tribe for the chance to win a £50 voucher [vango.co.uk/tribe](https://www.vango.co.uk/tribe)

Walking boots

Tips for buying your expedition walking boots

DofE recommends: Vango Velan Boot



Protex® Membrane – helps your feet stay dry and comfortable

Specially designed footspy® insole that assesses where your foot is in relation to the boot

RockRubber traction outsole system designed for perfect grip and durability

Rubber toe bumper – durable protection that encases your toes

Having waterproof, durable and comfortable walking boots is important for the success of your expedition – especially if it is on foot.

What to look for

- You should look for a boot with a good waterproof and breathable liner which has strong support for your feet and ankles.
- Make sure you buy your boots way ahead of your expedition so you can break them in. This will reduce rubbing and improve comfort.
- Clean your boots regularly to improve their longevity after your expedition. Treating them before and after expedition will mean they will last longer.
- For more advice on walking boots, visit [DofE.org/shopping/kit-guide](https://www.dofe.org/shopping/kit-guide)

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Join Vango Tribe for the chance to win a £50 voucher [vango.co.uk/tribe](https://www.vango.co.uk/tribe)

Walking socks

Tips for buying walking socks

DofE recommends:
Bridgedale HIKE Lightweight Merino Performance socks

Shock zones –
advanced zonal padding
system that provides
extra support to areas
of the foot and leg

Performance fit –
close supportive fit
from foot to calf

Y heel prevents
slippage which helps to
ensure comfort

Forward flex –
prevents the sock from
'bunching' which helps
to ensure comfort



Wearing proper walking socks will make your boots more comfortable and reduce the risk of blisters.

What to look for

- You should never wear standard or all cotton socks on expedition as they can cause blisters.
- The best walking sock for you depends on the type of footwear you'll be wearing.
- For thick leather boots, more protection around the toe of the sock offers warmth and padding.
- For a lighter weight boot, a lighter weight walking sock may be an option.
- Bridgedale socks have padded areas that act as a cushion on key areas of your feet which are prone to get tired or sore.
- Find out more about walking socks at DofE.org/shopping/kit-guide

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Visit bridgedale.com/features/socksup to
support their #SocksUp campaign



CRAGHOPPERS

Our waterproofs partner

Waterproofs

Tips for buying expedition waterproofs



———— DofE recommends: Craghoppers Horizon Jacket ————



Whatever the weather, you should take a waterproof jacket and waterproof trousers with you on your expedition.

What to look for

- Make sure you have a lightweight jacket which is both waterproof and breathable.
- An adjustable hem will provide a good fit and reflective detailing is a useful safety feature.
- Waterproof overtrousers are designed to be worn over walking trousers.
- With the unpredictable UK weather, Craghoppers' waterproof clothing will protect you from the rain, wind and cold when you're out on expedition.
- For more advice on waterproofs, visit DofE.org/shopping/kit-guide

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To explore the full range visit craghoppers.com



CRAGHOPPERS

Our technical
clothing partner



Technical Clothing

Tips for buying technical clothing

DofE recommends: Strata Fleece Jacket



Layers of lightweight, fast drying clothing, which are closer fitting and breathable, work best under a waterproof jacket to keep you warm and dry.

What to look for

- For warmth, add an insulating fleece as your mid layer.
- Functional pockets are perfect to stash easy to reach essentials for the expedition – such as sweets!
- A technical t-shirt draws away moisture from your body which will keep you cool and dry.
- On expedition we recommend walking trousers in a comfortable fabric – no jeans.
- For more advice on technical clothing, visit [DofE.org/shopping/kit-guide](https://www.dofe.org/shopping/kit-guide)

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To explore the full range
visit [craghoppers.com](https://www.craghoppers.com)

Sleeping bags

Tips for buying your sleeping bag

— DofE recommends: Vango Latitude sleeping bag —



Getting a good night's rest will really help on expedition. Having a sleeping bag that keeps you warm, whilst still maintaining breathability is important. Sleeping bags come in seasons – 1 or 2 = summer, 3 = spring/autumn, 4 = winter.

What to look for

- All DofE recommended Vango sleeping bags come with a compression stuff sack to reduce the pack size.
- Always pack your sleeping bag inside your rucksack and never strap it to the outside of your rucksack.
- Pack it into a waterproof stuff sack to provide extra protection.
- A mummy-shaped sleeping bag with a hood helps keep warm air from your body close to you when the temperature gets colder.
- For more advice on sleeping bags, visit [DofE.org/shopping/kit-guide](https://www.dofe.org/shopping/kit-guide)

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Join Vango Tribe for the chance to win a £50 voucher [vango.co.uk/tribe](https://www.vango.co.uk/tribe)

First aid and accessories

Tips for buying your adventure accessories

DofE recommends:
Lifesystems Trek First Aid Kit, Head Torch, SoftFibre Lite Towel, Dry Bag 5L



Keeping kit lightweight and dry is key for any expedition. Every gram counts, so it's important to invest in items that are reliable and compact.

What to look for

- Check your first aid kit before you head out on expedition. Make sure all contents are there and clearly labelled. Add additional items you may need e.g. hayfever tablets.
- A head torch is vital for finding kit in your rucksack when it's dark and for calls of nature in the night.
- Group and pack kit into separate dry bags to keep everything waterproofed and organised.
- Invest in a technical lightweight towel with high absorbency that dries faster and packs smaller than conventional towels.
- For more advice on first aid and accessories, visit [DofE.org/shopping/kit-guide](https://www.dofe.org/shopping/kit-guide)

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For full information and the whole range of adventure accessories visit [lifesystems.co.uk/products/duke-of-edinburgh-award](https://www.lifesystems.co.uk/products/duke-of-edinburgh-award)



Our expedition food partner

Expedition food

Tips for buying your expedition food

DofE recommends: Wayfayer food

Ready to eat
hot or cold



Tough, resistant
packaging that won't
split in your rucksack

Balanced, nutritional
meals that taste great

To serve hot: place
unopened pouch in boiling
water for 7-8 minutes

Having nutritional and filling meals throughout the day is important to keep your energy levels up during your expedition. Have something to look forward to by choosing meals you know you will enjoy, such as All Day Breakfast or Spaghetti Bolognese.

Expedition food pouches are good for breakfast or journeying, rather than for main meals, where cooking in a team is beneficial to the participants.

Tips for expedition meals

- Try to plan meals your whole team can share. Split the ingredients, cost, packing and effort between your team.
- Choose food that is high in sugars, carbohydrates and fats.
- Pack plenty of snacks to graze on.
- Make sure to take a spork or spoon with you to eat your meals easily.
- Remember to take all your rubbish home with you – leave no trace.
- For more advice on waterproofs, visit [DofE.org/shopping/kit-guide](https://www.dofe.org/shopping/kit-guide)

Save on your expedition kit with our DofE Recommended Retailers

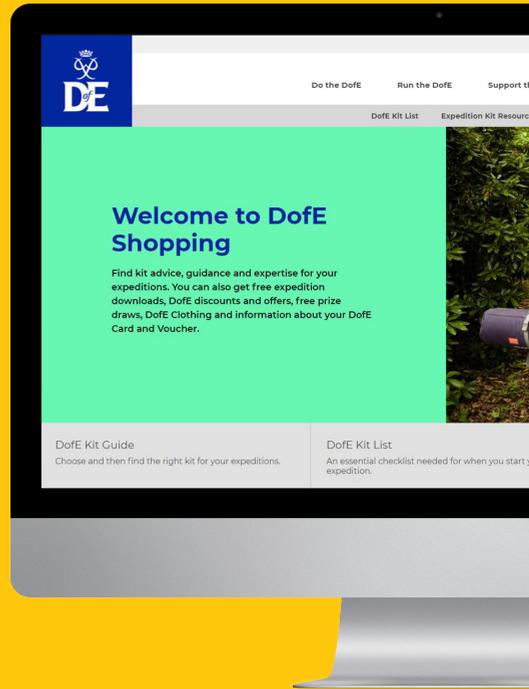
GO Outdoors | Blacks | Millets | Ultimate Outdoors | Tiso

To see the whole range of expedition food,
visit [vango.co.uk](https://www.vango.co.uk)

Savings and offers from the DofE

Visit DofE.org/shopping for:

- FREE prize draws
- Exclusive discounts
- Content and offers from hand-picked partners



Official DofE Clothing

Choose from DofE branded hoodies, polos, t-shirts and more. Prices start from £8.99.

Personalise from only £3.

All purchases generate a donation to the DofE charity.

See the full range at DofE.org/shopping/clothing

Boot and rucksack fitting

THE DofE RECOMMENDED RETAILERS FOR EXPEDITION KIT ARE HERE TO HELP KIT YOU OUT FOR ALL YOUR DofE ADVENTURES



They offer a wide range of outdoor clothing and equipment for expeditions in over 200 stores nationwide and online.

All DofE participants are different, and expedition needs vary by Award level, time of year and location. As two essential kit purchases, it is important to get your walking boots and rucksack fitted to you. Speak with the staff in our DofE Recommended Retailers who can offer advice and a free fitting service.



Boot fitting

Finding the right boot is an essential part of preparing for your expedition. Buy your walking boots early so you have time to break them in and for the best comfort on your expedition.

Go in store to try out and test your new boots on the in-store slopes and dips.



Rucksack fitting

Making sure your rucksack fits properly is really important to avoid getting aches in your back and shoulders.

Expert staff can help you find the right rucksack for your height and build and adjust it to the correct size so it is fitted correctly and comfortably on you.

Find your nearest store at [DofE.org/shopping/storefinder](https://www.dofe.org/shopping/storefinder)