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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.**

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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.



Participant DofE Card

At least 10% off these retailers



Craghoppers Horizon Waterproof Jacket



RRP £80

GO Outdoors  
Discount Card  
price £65

DofE Card price £58.50  
Saving 27%\*



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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://DofE.org/shopping/T&Cs) for more details.

\*Pricing and discount valid on 28/06/2019 on [GOOutdoors.co.uk](https://GOOutdoors.co.uk)



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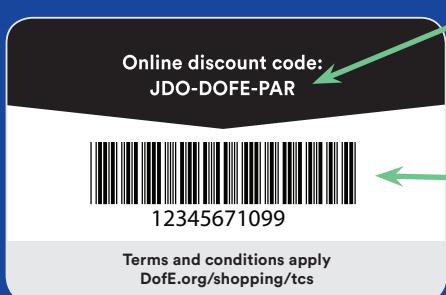
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To get the most from your card, you need to know how to use it.

## Your DofE Card explained...

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2019/2020

## Expedition Kit Guide

For participants and parents

# 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](https://DofE.org/shopping/kit-guide)

## Waterproof clothing



### What to look for

Clothes become uncomfortable if wet and waterproff trousers to ensure you are comfortable on your expedition, in any weather. Any features to block out the rain are useful, such as a hood, zip-off legs, elasticated waistbands and plenty of pockets. If there is a reflective strip on the trousers it's also a great safety feature.

Top tip: If you're going to be carrying heavy loads, consider getting a rucksack off - especially over muddy boots and ones that pull down into a stuff sack to store in your rucksack.



### Before you buy

- Tell us what you are doing and get a jacket designed just for you
- Look out for waterproof tape - down the centre and on pockets. This helps keep you and your essentials dry
- Check the waistband has a drawstring at the bottom or has zip-off legs so the legs let them go over expedition boots
- A draw cord in trousers gives you ease of movement, especially on an ascent



### Money saving tip

Check what other people have got and see if you can get a similar item for less. It's a good place to look for items of waterproof clothing.

Find out more at [DofE.org/shopping/waterproof-clothing](https://DofE.org/shopping/waterproof-clothing)

### CRAZHOPPERS Expert advice

**What is waterproof clothing?**  
This is clothing which keeps you dry when you are in wet conditions. It is often referred to as 'water repellent' rather than 'waterproof'.  
**How do I choose my waterproof clothing?**  
1. Decide what you will be doing on your expedition and how long it will last.  
2. Choose a jacket that is appropriate for the weather and the activities you will be involved in.  
3. Make sure your waterproof clothing is quick and easy to use - zips, drawstrings and elasticated waists are all good ways to make your waterproof clothing easy to put on and take off.  
4. Make sure your waterproof clothing is well ventilated so you don't overheat.  
5. Make sure your waterproof clothing is comfortable and has a waterproofing process of its own.

## Look after your feet on expedition

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



### About the kit list

This list is an illustration of the items you may need for your DofE expedition. This list is to be used as a guide only and is not an obligation to buy the specific items mentioned. It is up to you to research what you need and receive a range of advice from all areas of DofE (including DofE staff, mentors, leaders and volunteers) which helps to support our work with young people.

### Get expert kit advice

See the DofE Expedition Kit Guide, full of essential advice

### CLOTHING

#### DoF Vouchers and the Kit Fund

Save up to 40% on your expedition kit at G2O Outdoors, Basecamp Mtns, Ultimtis Outdoors and Trespass.

#### Underwear

Thermal underwear (NOI users)

Thermal t-shirt (optional)

2 pairs of socks (optional)

Thermal t-shirt (optional

# 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://DofE.org/shopping/kit-guide)

Save on your expedition kit with  
our DofE Recommended Retailers

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win a £50 voucher [vango.co.uk/tribe](https://vango.co.uk/tribe)**

Our walking boots partner



# Walking boots

Tips for buying your expedition walking boots

DofE recommends: Vango Velan Boot



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://DofE.org/shopping/kit-guide)

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# Walking socks

## Tips for buying walking socks

DofE recommends:  
**Bridgedale HIKE Lightweight Merino Performance socks**



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](https://DofE.org/shopping/kit-guide)

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Visit [bridgedale.com/features/socksup](http://bridgedale.com/features/socksup) to  
support their #SocksUp campaign



# CRAZHOPPERS

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](https://DofE.org/shopping/kit-guide)

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To explore the full range  
visit [craghoppers.com](http://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://DofE.org/shopping/kit-guide)

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To explore the full range  
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# 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://DofE.org/shopping/kit-guide)

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# First aid and accessories

Tips for buying your adventure accessories



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://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://lifesystems.co.uk/products/duke-of-edinburgh-award)



## Our expedition food partner

# Expedition food

## Tips for buying your expedition food

#### DofE recommends: Wayfayrer food



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 fork 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://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](http://vango.co.uk)

# Savings and offers from the DofE

Visit [DofE.org/shopping](https://DofE.org/shopping) for:

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

The smartphone screen displays the DofE Shopping website. At the top, there's a blue header bar with the DofE logo and navigation links: 'Do the DofE', 'Run the DofE', 'DofE Kit List', 'Expedition Kit Resource', and 'Support us'. Below the header is a green section with the title 'Welcome to DofE Shopping' and a brief description of the site's purpose. Underneath is a white box containing the 'DofE Kit Guide' with the subtext 'Choose and then find the right kit for your expeditions.' To the right of the main content area, there's a vertical sidebar with the 'DofE Kit List' section, which includes the subtext 'An essential checklist needed for when you start your expedition.' The bottom of the phone shows a grey base.



## 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](https://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



Blacks

millets

Ultimate Outdoors



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://DofE.org/shopping/storefinder)