



EXPEDITION KIT



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

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

BE READY FOR ANYTHING



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 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.

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.

However, remember that the kit list is a guide only, and you must check with your Expedition Supervisor that your kit is suitable for your particular expedition.

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 Digital DofE Card with our recommended retailers.

Good luck on your expedition and thanks for your support.

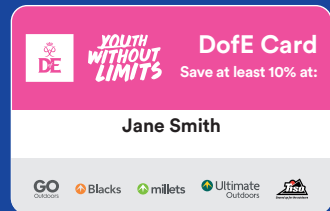
Always show your DofE Card or Digital DofE Card. You'll get the best savings and help young people to do their DofE.

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 Atlas Waterproof Jacket



RRP £85

DofE Card price £43.33
Saving 24%*

GO
Outdoors

**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.

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Includes reduced
price items.

Proud to be a
part of your
outdoor life.

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for family
adventure.

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destination for all
things outdoors.

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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

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 for more details.

* Pricing and discount valid on 13/07/2021 on Blacks.co.uk



Always show your DofE Card to save

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

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

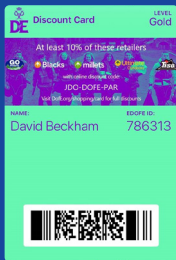
You can also download your Digital DofE Card from eDofE or the DofE app and can use it on your mobile phone or print it out.

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.com and Tiso.com.

Enter your DofE Card barcode number at GOoutdoors.co.uk in the Discount Card box

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 or Digital DofE Card will need to be registered at the checkout the first time you use it in GO Outdoors.

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

Buy online at:

Blacks.co.uk

Millets.co.uk

GOoutdoors.co.uk

Ultimateoutdoors.com

Tiso.com

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

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)



Our walking boots partner

Walking boots

Tips for buying your expedition walking boots

DofE recommends: Hi-Tec Aysgarth Mid WP



waterproof, breathable
membrane keeps feet dry

Walking boots
provide support
and stability

M-D Traction outsole
improves grip walking
both up and downhill

Abrasion resistant heel
and toe cap protects
against rough terrain



Owning a pair of 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 that is fully waterproof and breathable, which offers protection and strong support for your feet and ankles.
- DofE recommended walking boots are engineered to be instantly comfortable. However, be sure you buy your boots way ahead of your expedition so you can break them in. This will reduce any 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. Leave them to dry naturally.
- For more advice on walking boots, visit 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://www.dofe.org/shopping/kit-guide)

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For more information visit
[bridgedale.com](https://www.bridgedale.com)



CRAGHOPPERS

Our waterproofs partner

Waterproofs

Tips for buying expedition waterproofs



DofE recommends: Craghoppers Atlas 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://www.dofe.org/shopping/kit-guide)

Thank you to our fantastic models, all students from Manchester Academy currently doing their DofE.

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CRAGHOPPERS

Our technical
clothing partner

Technical clothing

Tips for buying technical clothing

DofE recommends: Mannix 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 snacks.
- 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)

Thank you to our fantastic models, all students from Manchester Academy currently doing their DofE.

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



Our sleeping bags partner

Sleeping bags

Tips for buying your sleeping bag

— DofE recommends: Vango Nitestar 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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Cooking and first aid

Tips for buying your adventure kit

DofE recommends:

Lifeventure Flip Top Water Bottle, Dry Wash, Ellipse Cookware, Lifesystems Trek First Aid Kit



Flip Top – tough tritan material, leak proof and lightweight



Dry wash – ideal for use camping and cooking to keep your hands clean. Soft on hands and made in the UK

Trek First Aid Kit - weatherproof pack, and instructions included, made in the UK



Ellipse Cookware – tough, practical and made in the UK



Cooking, hygiene and safety are key for your expedition. Use light weight, multi-purpose kit items to keep space and weight down and then adapt them to your needs.

What to look for

- Camp cookware should be light and robust - plastic and titanium are the best options. Also consider collapsible bowls and mugs to help reduce space in your rucksack.
- An easy to use water bottle is essential, make sure it is tough and watertight.
- Use small all-purpose soaps and hand sanitizers to keep hands/dishes clean around the cooking area.
- Look for a first aid kit with the right components for an expedition - such as blister plasters and tweezers – then add anything additional such as medications.
- 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 the full range of DofE recommended kit and exclusive discounts, please go to [lifeventure.com](https://www.lifeventure.com) and [lifesystems.co.uk](https://www.lifesystems.co.uk) 13



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

- Plan meals and food as a team. 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 expedition food, visit [DofE.org/shopping/kit-guide](https://www.dofe.org/shopping/kit-guide)

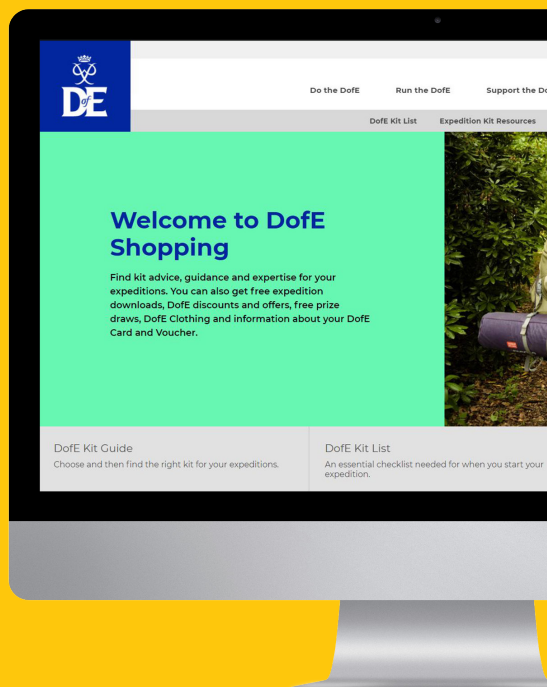
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Savings and offers from the DofE

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

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



Official DofE Clothing and merchandise

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 [shop.DofE.org](https://shop.dofe.org)

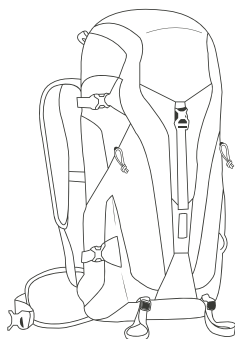
DofE Expedition Kit

Rucksack & Boot Fitting

All DofE participants are different, and expedition needs vary by Award level, time of year, mode of travel and its 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.

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

Exclusively available at



The Perfect Rucksack

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

Their 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.

The Best Boots

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

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

Find your nearest store at

[DofE.org/shopping/storefinder](https://www.dofe.org/shopping/storefinder)



RECOMMENDED
RETAILER OF
EXPEDITION KIT