DofE expedition kit tips:

PACK YOUR RUCKSACK

Sun protection Store in a sealable bag to

regularly reapply.

avoid leakage and keep near

the top or in a pocket to

Lifesystems Mountain

Factor 50 Sun Protection

Use a dry bag or rubble sack to line your rucksack to keep everything dry.





Survival bag

Use up any gaps to help keep kit stable in the bag.

Lifesystems Survival Bag



Head torch

Pack evening essentials such as

can find them easier in the dark.

batteries or chargers together so you

Lifesystems Intensity 155 Head Torch

Clean and dry thoroughly, then place close to your back to maintain your centre of gravity.

Trangia 25-1UL Stove



Try to get all your kit inside your bag. If you have a large roll mat, you can tie it securely to the outside.

Vango Trek Sleeping Mat



Spare clothing

Push spare clothes to the bottom of the to fill the space available.

Craghoppers Charon T-Shirt



Lunch/food

Bag each meal separately to help ration your food. Pack your lunch at the top and have snacks to hand for extra energy boosts

Wayfayrer **Expedition Food**



Always take at least two pairs of socks and ideally one set for

each day. Pack to keep dry. **Bridgedale Men's Ultralight** Merino Performance Boot SocksBoot Socks



Sleeping bag

Keep your sleeping bag dry by placing inside a waterproof bag inside vour rucksack.

Vango Latitude Sleeping Bag



Double-bag fuel canisters in a sealable bag and store vertically to avoid spillage.

Trangia Fuel





Waterproof jacket and trousers

Pack your bag in the order you will want your kit. Remember last in first out.

Craghoppers Vanth Jacket and Ascent Overtrousers

Fleeces are lightweight and dry quickly. Keep near the top as temperatures can change quickly.

Craghoppers Esk Fleece Jacket

Ensure the heaviest kit is close to your back and balanced on each side.

Vango Banshee 300 Tent



First Aid

Keep your first aid kit in the same place and easy to hand. Store small items you might need during the day in the top.

Lifesystems Trek First Aid Kit

Rucksack

Make sure your

rucksack transfers the weight of your kit to your hips and not on vour shoulders.

Vango Sherpa 60:70 Rucksack



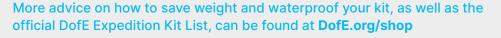
Wash kit

Lifeventure Travel Wash Bag

Eating/drinking Plastic or titanium camping gear are lightweight, won't break and easy to clean.

Lifeventure Ellipse Mug and Plate





Lifeventure

Travel Towel

Save at least 10%, and often more, in over 200 stores and online

























