

Surbiton High School

DofE Kit list – Adapt to the length of your expedition

Remember: Discount available at a number of outdoor shops with your DofE Card:

<https://www.dofe.org/shopping/card/store-finder/>

Item	Good examples/brands	Notes/further information
Comfortable underwear	Runderwear, Under Armor, Rab	Best Women's Hiking Underwear - 2022 (calltoadventure.uk)
Walking socks	Bridgedale, Injinji	Wool recommended. 1 pair per day. Toe socks can help to prevent blisters
Walking trousers / leggings	Berghaus, Craghoppers	*Not* denim. For leggings, ensure they are quick drying and wicking (i.e. not 'standard' leggings)
Short sleeved base layer top	Sports tops	Polyester/ synthetic material, preferably not cotton. Strappy tops not acceptable – need material under rucksack straps
Microfleece	Craghoppers Women's Petra Half Zip Fleece GO Outdoors	Lightweight, full-sleeved layer
Full fleece / insulated jacket	Down jacket is ideal – packs down small and is very lightweight	Another form of insulating layer for evenings – consider bulk and weight
Waterproof jacket	Haagloffs, Montagne, Arcteryx,	Wired hood, taped waterproof seams, breathable
Waterproof over trousers	Berghaus, Craghoppers, Arcteryx	Zips to above the ankle helps put on over walking boots – Full length zips are even better
Hat & gloves	Merino wool / quick drying ideal	Worth having for evenings/nights whatever the time of year
Neck gaiter	Buff, etc – Many brands and types are available	Multiuse garment, can be a headband, hat, scarf etc. Consider microfleece type (Polar Buff) for cold conditions
Walking boots	Personal preference – but consider durability, waterproofing, support	Broken in - Must have above ankle high support, sturdy sole, comfortable fit - How To Break In Walking Boots Essential Advice - O... (outdoorsmagic.com)
Sun hat/cap		Wide brimmed preferable (check weather)
Sun cream & lip balm	Brand used before, possibly containing insect repellent. High SPF Lip balm	SPF 30 minimum
Insect repellent	Lifesystems, Jungle Formula	Max strength - 50% DEET
Sunglasses		Leave expensive shades behind
Eating utensils	Spork or cutlery set	Personal cutlery
Plastic Bowl	Lifeventure collapsible bowl	No need for a plate as well
Mug	Bodum, lifeventure	A thermal mug with lid is a good option
Torch	Petzl, Led Lenser, Lifesystems, Black diamond	Head torch preferable, fitted with new batteries. Avoid cheap torches
Compass	Silva 4 type recommended	Optional – Can be borrowed from school
Whistle		To attract attention in emergency – often built into rucksack buckles

Penknife – OPTIONAL		Must be a folding blade under 3” and not lockable
Watch	This is an important navigational tool – being able to time legs and keep track of rest stops etc.	Digital watch – Phones should not be relied on as a timepiece!
Expedition rucksack	Osprey, Vango	Expedition size: 60-80 litre capacity bag. Top drawcord opening. Look for features such as in-built rain cover and adjustable back support. Take advantage of in-shop fitting expertise and consider female-specific fit.
Rucksack liners / dry bags for sectioning kit	Oex Drysac Multi Pack GO Outdoors	Several heavy-duty plastic bags to keep kit dry – avoid cheap bin liners. Smaller dry bags can be a useful alternative.
Water carrying system	2-3 litre Camelbak (or similar) hydration pack	2 x 1 litre bottles can be carried - ensure they are refillable
Sleeping bag	Vango, Rab	3 Season recommended (0 to -5 degrees) in a compression sack (not a stuff sack) – Consider pack size.
Roll mat / lightweight air bed	Self-inflating air mattress i.e. Vango or Thermarest	Self-inflating airbeds pack down smaller and are more comfortable. Roll mats are acceptable alternatives
Wash kit including sanitary supplies in suitable bag	Lifeventure Washbag (small)	Deodorant, toothbrush and toothpaste, microfibre towel, dry shampoo, comb/brush, hair bands for long hair, sanitary products *Please avoid disposable wipes*
Flip flops / light-weight sandals		For use in camp – and a break from boots
Medication / first aid	Any personal medication (may also have paracetamol, antihistamine etc – ensure school records are up to date), plus own blister plasters	Each team will be issued with a basic first aid kit for minor injuries

Group kit (no need for each individual to purchase/carry – collaborate with your team)

Matches	Preferably windproof i.e. Lifesystems Windproof Matches GO Outdoors	In waterproof container
Washing up kit	Sponge and small bottle of washing up liquid (preferably biodegradable), packet of tissues	Soap-filled sponges or scouring pads can be used – 1 per night
Rubbish bags (1 per night)		

Group kit issued by Surbiton:

Tent(s) (separate bags for inner, outer and poles to make packing easier)

Trangia stove(s) (one between 3-4 people) and Fuel

Map(s)

First aid kit and Survival bag(s)