

DofE Kit List

- **Lightweight tent (Please borrow from your school/centre if you don't have one)**
- **Sleeping bag and overnight equipment**
- **Trangia stove & gas** (Borrow from school if you don't have one)
- **Day backpack around 65 litres** –(Borrow from school if you don't have one) enough to carry food, cooking equipment, water and emergency clothing
- Knife, fork, spoon, mug and plate
- Food for the 2 days – this should include:
 - 1 single portion meal (that can be cooked on a Trangia/stove).
 - Lunch for both days – e.g. sandwich and snacks
 - Breakfast (that can be cooked on a Trangia/stove)
 - Hot/cold drinks

Find out more about different types of expedition food here: www.dofe.org/shopping/expedition-kit/expedition-food/

Wayfayrer pouches are really useful!

- Compass, e.g. Silva Expedition 4 (Will be provided)
- OS Map of New Forest | Explorer OL22 Map – waterproof maps recommended (MAP TO BE PROVIDED)
- Head torch and spare battery and bulb – essential (or extra torch)!
- Personal first-aid kit
- Watch and whistle
- Sealed emergency rations e.g. cereal bars/ jelly snacks

Personal kit

- Walking boots/shoes (ESSENTIAL) Please wear these in if new.
- Comfortable footwear for on site
- Layered outdoor clothing (e.g. base layer and warm mid-layer)
- Waterproof jacket
- Waterproof trousers
- Hat
- Gloves
- 2 litre of water in multiple water bottles – A Vango hydration bladder is really useful
- Notebook and pen/pencil
- Tea towel – for drying cooking equipment
- Toothbrush/toothpaste/personal care
- Girls- if menstruating, tampons, pads; these cannot be discarded on the walk so bring a plastic bag to put them in to dispose later.

NO: JEANS, JERSEY TRACKSUIT BOTTOMS; SLEEVELESS TOPS (THE BACKPACK WILL BURN YOUR SHOULDERS OTHERWISE);