

How to pack your DofE rucksack

Get more tips at DofE.org/shopping/expedition-kit

Liner

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



Sun protection

Store in a sealable bag to avoid leakage and keep near the top or in a pocket to regularly reapply.
Lifefsystems Mountain Factor Sun Protection



Fuel

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 Horizon Jacket and Ascent Overtrousers



Head torch

Pack evening essentials such as batteries or chargers together so you can find them easier in the dark.
Lifefsystems Intensity 155 Head Torch

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



Stove

Clean and dry thoroughly, then place close to your back to maintain your centre of gravity.
Trangia 25-1UL Stove

Mid layers

Fleeces are lightweight and dry quickly. Keep near the top as temperatures can change quickly.
Craghoppers Strata Hooded Jacket



Tent

Ensure the heaviest kit is close to your back and balanced on each side.
Vango Banshee 300 Tent



Sleeping mat

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 rucksack to fill the space available.
Craghoppers Fusion Base T-Shirt



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.
Lifefsystems Trek First Aid Kit

Rucksack

Make sure your rucksack transfers the weight of your kit to your hips and not on your shoulders.
Vango Sherpa 60:70 Rucksack



Wash kit

Lifefventure Wash Bag



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

Sleeping bag

Keep your sleeping bag dry by placing inside a waterproof bag inside your rucksack.
Vango Latitude Sleeping Bag



Socks

Always take at least two pairs of socks and ideally one set for each day. Pack to keep dry.
Bridgedale Hike Midweight Performance Boot Socks

DofE Buff

BUFF® Original Headwear



Towel

Lifefventure Travel Towel

Eating/drinking

Plastic or titanium camping gear are lightweight, wont break and easy to clean.
Lifefventure Ellipse Mug and Plate



More advice on how to save weight and waterproof your kit, as well as the official DofE Expedition Kit List, can be found at DofE.org/shopping

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



How to look after your feet for your expedition

Get more tips at DofE.org/shopping/expedition-kit

Before your expedition

Protect your ankles

Boots with ankle support help protect you while walking with a heavy rucksack. Look for high ankle support and high grip soles.

Invest in good walking socks

Socks perform three functions; they cushion your feet, absorb sweat and provide insulation from the cold.

Wear the socks you will use on expedition when trying on boots to buy.

Get the right boot for you

Finding the right boot is an essential part of preparing for your expedition. Feet are different shapes and sizes. Go in store for a free boot fitting and to try out and test your new boots on the slopes and dips.

Break in your boots

Buy your walking boots early so you have lots of time to break them in and for best comfort on your expedition. Wear them training and walking.

During your expedition

Campsite footwear

Bring a pair of flip flips or lightweight sandals/trainers to wear around the campsite. It will let you air and dry your feet, socks and boots once in camp.

How many pairs of socks?

You should carry at least one spare pair, preferably several, and ideally one set for each day.

Double up

Liner socks are a thin sock layer. Wearing two pairs of socks (one pair of liners, one pair of outer socks) can significantly reduce friction in the boot and help prevent blisters.



Walking boots

Leather boots are soft, durable and waterproof and highly abrasion resistant, making them long lasting. Fabric boots are lighter, cheaper and a good option if your feet are still growing.

Vango Velan Walking Boots

After your expedition

Clean all

After your expedition, remember to clean your boots well and let them dry naturally ready for your next walk or adventure.

Storing your boots

Store your boots in a dry, well aired place. Wet boots left in damp rooms or in the car will make them go mouldy. If your boots are still damp, stuff them lightly with newspaper to absorb moisture.

Wash your socks inside out

The water reinvigorates the underfoot cushioning.



Walking socks

Walking socks are designed to minimise blisters with padding and moisture protection fabric.

Bridgedale Hike Midweight Performance Boot Socks



Kit care

Improve the water resistance of your boots by using waterproofing products regularly. This will keep your boots strong and feet dry.

Nikwax Footwear Cleaning Gel and Fabric & Leather Proof



Blister kit

Prevention is better than cure so put some blister plasters on where you have had blisters before or at the first sign of a hot spot.

Lifesystems Blister First Aid Kit

More advice on how to look after your feet for your expedition, as well as the official DofE Expedition Kit List, can be found at DofE.org/shopping

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Waterproofing and weather protection

Get more tips at DofE.org/shopping/expedition-kit

Rain and wind



Waterproof jacket

A lightweight but waterproof jacket will keep out the rain and wind with waterproof zips and coatings.

Craghoppers Horizon Jacket

Waterproof overtrousers

Overtrousers with long zips and adjustable ankles can be put on quickly at the first sign of rain.

Craghoppers Ascent Overtrousers



Sleeping bag

Pack your sleeping bag inside a waterproof bag in your rucksack to protect it from rain.

Vango Latitude Sleeping Bag



Cleaning

Use a specially designed waterproofer for wet weather clothing. Machine or hand wash.

Nikwax Tech Wash

Spare socks

Change into dry socks when arriving at camp. This will help prevent blisters.

Bridgedale HIKE Midweight Merino Performance Boot Socks



Rucksack cover

Look for a rucksack with a detachable rain cover included in the base of the pack to keep your rucksack dry and aid visibility in low light. If your rucksack doesn't have a rain cover you will need to buy one.



Dry bags

Keep your kit organised and dry. Pack similar kit together to make it easy to find, such as clothing or food.

Lifefuture Dry Bags



Proofing

Treat your tent, rucksack and other equipment with proofer to add water repellency, increase fabric strength and protect against UV deterioration.

Nikwax Tent & Gear Solarproof

Hot and cold

Fleece

A full zip fleece is easy to put on and take off when the weather changes.

Craghoppers Strata Hooded Jacket



Head/neckwear

Wick away moisture when it's hot and protect your neck from sunburn. When cold, headwear can protect your head and face from the wind and rain.

BUFF® Original Headwear



Technical t-shirt

Look for fabrics that wick moisture away from your body, ideal for when you are hot and sweaty.

Craghoppers Fusion Base T-Shirt



Water bottle

Ensure you drink plenty of fluids frequently throughout the day, especially in hot weather. Take at least two litres with you per day.

Vango Hydration Pack 2L
Lifefuture Tritan Flask 1L

Sun cream

A sweat resistant high SPF sun cream will help protect you from UV rays. Reapply regularly throughout the day even in overcast conditions.

Lifesystems Mountain Formula SPF50



Survival



Storm shelter

Enjoy lunch in a warm, dry place on a rainy day. For more extreme situations, the bright colour and reflective tape will make you more visible.

Vango Storm Shelter

Survival whistle

Attract attention and let others know your location in heavy fog, rain, or if you are in distress.

Lifesystems Safety Whistle



Torch

Head torches leave both hands free to put boots on, tie tent strings and find kit in your bag.

Lifesystems Intensity 155 Head Torch



Insect repellent

Protect against biting insects in all environments – especially ankles and lower legs.

Lifesystems Expedition 50+ Insect Repellent

More advice on waterproofing and weather protection, as well as the official DofE Expedition Kit List, can be found at DofE.org/shopping

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Find everything for your next expedition at one of our five recommended retailers in store or online. Find your nearest store at DofE.org/shopping/storefinder. Kit items shown are examples only. Always follow the advice and training of your DofE expedition supervisor.

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Eating on a DofE expedition

Get more tips at DofE.org/shopping/expedition-kit

Stove

Find a good cooking location for your stove. A firm level surface at ground level where the stove will not be knocked over is ideal. It must be at least two metres away from flammable items/tents.

Trangia Gas Stove and Vango Folding Gas Stove



Fuel

All fuel should be kept away from matches. Different people should carry fuel, stove and matches.

Trangia Fuel



Water

Set out each day with enough water for that day – this means carrying a minimum of two litres of water with you.

Lifeventure Tritan Flask 1L



Cutlery

Don't use the same utensils or containers for raw and cooked food.

Lifeventure Ellipse Knife, Fork and Spoon



Mug

Convert your drinking mug into a handy measuring cup by scratching a few lines in the right place on the outside.

Lifeventure Ellipse Mug

Pots and pans

Clean and rinse after cooking, as pots and pans will be harder to clean if food is left to dry.

Trangia 25-1 UL



Trangia 25-1UL Stove



Plate/bowl

Plastic, titanium or stainless steel camping gear are lightweight, won't break and easy to clean.

Lifeventure Ellipse Plate and Bowl

Matches

Windproof matches are ideal if you need to get a fire going in wet or windy weather.

Lifesystems Windproof Matches



Ready to eat food

Lightweight, high energy expedition food pouches are ideal for breakfast or a snack whilst travelling. They are nutritious, easy to carry and ready to eat hot or cold.

Wayfayrer Expedition Food

Packing

Try and pack each meal together in a bag for each day, so it's easy to take out when needed.

Lifeventure Dry Bags



Calories

Pack as much energy (calories) into the least weight and volume as possible. We suggest between 3,000-5,000 calories per day.

Food

Take food that will keep for the duration of the expedition, even in hot weather. Dried, cured, smoked or vegetarian foods will usually last well.

Breakfast

Start the day with a substantial breakfast. This can include cereals, muesli, porridge, noodles or even expedition ready food such as All Day Breakfast.

Lunch

Picnic or larder style foods are the usual choice for lunch. Pitta bread, wraps or other ready to eat foods go well with other high energy items such as flapjacks, cereal bars and nuts.

Snacks

Mars bars, boiled sweets, jelly cubes or Kendal mint cake are ideal for an extra energy hit.

Dinner

Soup, curry, stews, pasta or stir fry are all great options that are easy to cook on a camping stove.

More advice on eating on a DofE expedition, as well as the official DofE Expedition Kit List, can be found at DofE.org/shopping

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