

Expedition Training – Session I Overview

- D of E 20 Conditions
- Kit List
- Clothing – including footwear and waterproofs
- Rucksacks - how to pack rucksacks
- Food – suitable foods and menus
- Expectations – Including walking and campsite etiquette
- Practice & qualifying expedition basic details



D of E – 20 Conditions

<https://www.dofe.org/20conditions/>



The 20 Conditions of the Expedition section

DofE qualifying expedition conditions		
Planning the expedition	1	The team must plan and organise the expedition; all members of the team should be able to describe the role they have played in planning.
	2	The expedition must have an aim. The aim can be set by the Leader at Bronze level only.
	3	All participants must be within the qualifying age of the programme level and at the same Award level (i.e. not have completed the same or higher level of expedition).
	4	There must be between four and seven participants in a team (eight for modes of travel which have tandem)
	5	<div> The expedition should take place in the recommended environment. <div> Bronze: Expeditions should be in normal rural countryside – familiar and local to groups. </div> <div> Silver: Expeditions should be in normal rural, open countryside or forest – unfamiliar to groups. </div> <div> Gold: Expeditions should be in wild country (remote from habitation) which is unfamiliar to groups. </div> </div>
	6	Accommodation must be by camping or other simple self-catering accommodation (e.g. camping barns or bunkhouses).
	7	<div> The expedition must be of the correct duration and meet the minimum hours of planned activity. <div> Bronze: A minimum of 2 days, 1 night; 6 hours planned activity each day. </div> <div> Silver: A minimum of 3 days, 2 nights; 7 hours planned activity each day. </div> <div> Gold: A minimum of 4 days, 3 nights; 8 hours planned activity each day. </div> </div>
	8	All expeditions must be supervised by an adult (the Expedition Supervisor) who is able to accept responsibility for the safety of the team.
	9	Assessment must be by an accredited Assessor. At Bronze level only, the Assessor may also be the Expedition Supervisor.
	10	Expeditions will usually take place between the end of March and the end of October. They may take place outside this period, if so, non-camping accommodation options should be considered.
Training and practice	11	<div> Participants must be adequately trained to safely undertake a remotely supervised expedition in the environment in which they will be operating. <div> Bronze: Teams must complete the required training. </div> <div> Silver: Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights. </div> <div> Gold: Teams must complete the required training and a practice expedition of a minimum 2 days, 2 nights </div> </div>
	12	All expeditions must be by the participants' own physical effort, without motorised or outside assistance. Mobility aids may be used where appropriate to the needs of the participant.
During the expedition	13	All expeditions must be unaccompanied and self-sufficient. The team must be properly equipped, and supervision must be carried out remotely.
	14	Teams must possess the necessary physical fitness, first aid and expedition skills required to complete their expedition safely.
	15	Groups must adhere to a mobile phone use policy as agreed with their Expedition Supervisor and Assessor. This agreement should also include use of other electronic equipment.
	16	Participants must behave responsibly with respect for their team members, Leaders, the public and animals.
	17	Groups must understand and adhere to the Countryside /Scottish Outdoor Access, Highway and Water Sports Codes (as appropriate).
	18	Participants must plan an appropriate expedition menu, including cooking and eating a substantial hot meal on each day. This is optional on the final day.
Post expedition	19	Participants must actively participate in a debrief with their Assessor at the end of the expedition.
	20	At Silver and Gold level, a presentation must be prepared and delivered after the expedition.

Expedition Guides

- A expedition guide for all participants can be found using the following links

[Expedition-Kit-Guide-January-2023.pdf \(dofe.org\)](#)

- Guidance for food / sleeping bags & mats etc... can be found below

[DofE-Expedition-Kit-List-January-2023-4.pdf](#)



Expedition Guides

Information & PDF Downloads are available for the following

[DofE Expedition Kit Resources - The Duke of Edinburgh's Award \(DofE\) Shopping](#)

- Expedition kit list
- A rucksack packing guide
- Waterproofing & weather protection
- Eating on an expedition
- Expedition meal planner
- Stove safety
- Silva compass 1-2-3 guide
- How to look after your feet
- Clothing
- Sleeping bags etc..



Kit List

[DofE-Expedition-Kit-List-January-2023-4.pdf](#)



EXPEDITION KIT LIST

updated 1 January 2023
(replaces all previous versions)



This list is a GUIDE to the items you may need when doing a DofE expedition. We only recommend items that are suitable for DofE expeditions and good value for money. There is no obligation to buy the specific items we recommend. However, the DofE charity receives a royalty from sales of DofE Recommended Kit which helps to support our work with young people.

Remember, your DofE Expedition Supervisor will have the final say on the suitability of the kit required for your expedition.

For more information read our free DofE Kit Guide at [DofE.org/shopping/kitadvice](https://dofe.org/shopping/kitadvice) and visit [DofE.org/shopping/kitadvice](https://dofe.org/shopping/kitadvice).

CLOTHING

Item Needed	Specific Items we recommend	Got It	Packed It
1 pair of walking boots (broken in)	Hi-Tec: Eurotek Lite WP, Aygarth WP, Summit WP, Bandera Lite WP, Bandera II WP, Ravine WP, Raven Mid WP, V-Lite Pynch Mid WP, V-Lite Reflex WP		
2 pairs of walking socks	Bridgedale: HKE range Men's and Women's; Midweight, Lightweight and Ultralight Merino Performance, Midweight and Lightweight Merino Comfort, Lightweight and Ultralight Coolmax Performance, Junior Merino Comfort		
2 pairs of sock liners (optional)	Bridgedale: LINERS Base Layer Coolmax Liner		
Jacket/coat (waterproof and windproof)	Craghoppers: Orion and Atlas Waterproof Jackets		
Waterproof overtrousers	Craghoppers: Ascent Overtrousers		
2 fleece tops or similar	Craghoppers: Stormer, Klamath Hooded Jackets and Half Zip Tops		
2-3 t-shirts (thermal optional)	Craghoppers: Alimos, T-shirt		
2 walking trousers (warm, NOT jeans)	Craghoppers: Verve Trousers and Velocity Tights		
1 pair of shorts (if appropriate)	Craghoppers: Verve Shorts		
Underwear			
Nightwear			
Flip flops/sandals (optional for camp site use)			
Warm hat and/or sunhat (as appropriate)			
1 pair of gloves (if appropriate)			
1 pair of gaiters (optional)			

PERSONAL KIT

Item Needed	Specific Items we recommend	Got It	Packed It
Rucksack	Vango: Contour, Sherpa, Summit rucksacks		
Rucksack liner (or 2 strong plastic bags)	Lifegear: Ultralight Dry Bags (25/10/15/25/35/55/75L) and Compression Sacks (5/10/15L)		
Sleeping bag	Vango: Nitestar, Latitude, Ultralite Pro, Olympus Pro, Zenith, MicroLite sleeping bags		
Sleeping mat	Vango: Single Trek, Dreamer mats		
Waterproof bag	Lifegear: Ultralight Dry Bags		
Sleeping bag liner (optional)	Lifegear: Cotton sleeping bag liners		
Whistle	Lifegear: Safety, Echo, Hurricane whistles		
Torch (handheld/torch and spare batteries)	Lifegear: Intensity 280 and Intensity 155 head torches		
Personal first aid kit	Lifegear: Camping, Trek, Blister, Waterproof first aid kits, visit DofE.org/shopping/safety for info		
Food (including emergency rations)	Wayfayr: ready to eat expedition food Firepot: dehydrated expedition food Get advice at DofE.org/shopping/food		
Water bottle	Lifegear: Tritan Flask (1000ml), Tritan Flip-Top Bottle (750ml), Triton Bottle (650ml)		
Cutlery**	Lifegear: Stainless steel, Elipse, Titanium knife, fork and spoon sets		
Plate/bowl	Lifegear: Stainless steel camping bowl, camping plate, Titanium plate, Elipse plate, bowl, collapsible bowl		

Continued over...



* This discretionary discount is not to be used in conjunction with any other offers or discounts. Please visit [DofE.org/shoppingcard](https://dofe.org/shoppingcard) for full terms and conditions.

continued

Item Needed	Specific Items we recommend	Got It	Packed It
Mug	Lifegear: Stainless steel, Titanium, Elipse mugs		
Box of matches (in waterproof container)	Lifegear: Stormproof matches		
Wash kit/personal hygiene items (some items could be shared as a group)	Lifegear: Wash bag (small), All-purpose soap, Dry wash gel		
Sunblock	Lifegear: Mountain 50 suncream, Mountain Combi Stick SPF50+		
Towel	Lifegear: Recycled Soft Fibre Towel (large, x-large, giant)		
Small quantity of money (optional)			
Notebook and pen/pencil			
Watch			

GROUP KIT (To carry between the team)

Item Needed	Specific Items we recommend	Got It	Packed It
Tent(s)	Vango Trek Tent: Nova, Scaffold, Helvellyn, Nova Nova Vango Earth Trek: Apex Compact, Alex Geo, Halo, Omega, Cairngorm		
Camping stove(s)	Trangia: 25 and 27 series, Gas burner, Liquid fuel burner Vango: Folding gas stoves		
Camping stove fuel (in an appropriate and safe container)	Trangia: Fuel bottles (0.3/0.5/L)		
Cooking pans			
Scourers			
Tin opener (if required)			
Tea towels			
Plastic bags (for rubbish etc.)			
Toilet paper and trowel			
Maps (1:25,000/1:50,000)	Ordnance Survey: Explorer, Landranger maps (standard or weatherproof)		
Compass	Silva: Classic, Field, Ranger, Expedition 4 compasses		
Map cases	Silva: M30 Carry Dry Map Case		
Camera (optional)			
Tick remover (action dependent - ask your supervisor)			
Survival bag	Lifegear: Heatshield, Survival Thermal bags, Thermal bin-bags		

ADDITIONAL OPTIONAL KIT (for you to consider)

Item Needed	Specific Items we recommend	Got It	Packed It
Head/Neck scarf			
Hydration pack	Vango: 2L Hydration pack		
Storm shelter	Vango: Storm shelters		
Stove multitask (including board)	Trangia: Multitask 25 series, Multitask 27 series		
Pre-packed expedition food	Wayfayr: ready to eat expedition food Firepot: dehydrated expedition food		
Small pocket tool**			
After-sun cream			
Sunglasses			
Insect repellent	Lifegear: Expedition 50 PRO, Expedition Natural 40 insect repellents, Bite and Sting Relief		
Stopwatch			
Waterproofing (pre-expedition)	Nikwax: Tech Wash Cleaner, TX.Direct Wash-in Reproofer, Footwear Cleaning Gel, Waterproofing Wax for Leather, Fabric and Leather Proof, Nubuck and Suede Proof, Tent and Gear Solarproof, Tent and Gear Solarwash		
String			
Spare boot laces			
Walking poles	Vango: Pico and Camino walking poles		
Mosquito net	Lifegear: MicroNet Single Mosquito Net		
Emergency lightsticks	Lifegear: 15h Light Sticks, 8hr Light Sticks		
Water purifying tablets	Lifegear: Chlorine Dioxide tablets		

**It is against the law to sell a knife to anyone under the age of 18 (unless it has a manual folding blade less than 3 inches long) and to use any knife in a threatening way.



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LIMITS

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Kit List

[DofE-Expedition-Kit-List-January-2023-4.pdf](#)

- Essential individual kit
- School provided kit



CLOTHING

Item Needed	Specific items we recommend	Got it	Packed it
1 pair of walking boots (broken in)	Hi-Tec: Eurotrek Lite WP, Aysgarth WP, Summit WP, Bandera Lite WP, Bandera II WP, Ravine WP, Raven Mid WP, V-Lite Psych Mid WP, V-Lite Reflex WP		
2 pairs of walking socks	Bridgedale: HIKE range Men's and Women's: Midweight, Lightweight and Ultralight Merino Performance, Midweight and Lightweight Merino Comfort, Lightweight and Ultralight Coolmax Performance, Junior Merino Comfort		
2 pairs of sock liners (optional)	Bridgedale: LINERS Base Layer Coolmax Liner		
Jacket/coat (waterproof and windproof)	Craghoppers: Orion and Atlas Waterproof Jackets		
Waterproof overtrousers	Craghoppers: Ascent Overtrousers		
2 fleece tops or similar	Craghoppers: Stromer, Mannix Hooded Jackets and Half Zip Tops		
2-3 t-shirts (thermal optional)	Craghoppers: Atmos T-shirt		
2 walking trousers (warm, NOT jeans)	Craghoppers: Verve Trousers and Velocity Tights		
1 pair of shorts (if appropriate)	Craghoppers: Verve Shorts		
Underwear			
Nightwear			
Flip flops/sandals (optional for camp site use)			
Warm hat and/or sunhat (as appropriate)			
1 pair of gloves (if appropriate)			
1 pair of gaiters (optional)			

PERSONAL KIT

Item Needed	Specific items we recommend	Got it	Packed it
Rucksack	Vango: Contour, Sherpa, Summit rucksacks		
Rucksack liner (or 2 strong plastic bags)	Lifeventure: Ultralight Dry Bags (2/5/10/15/25/35/55/75L) and Compression Sacks (5/10/15L)		
Sleeping bag	Vango: Nitestar, Latitude, Ultralite Pro, Olympus Pro, Zenith, Microlite sleeping bags		
Sleeping mat	Vango: Single Trek, Dreamer mats		
Waterproof bag	Lifeventure: Ultralight Dry Bags		
Sleeping bag liner (optional)	Lifeventure: Cotton sleeping bag liners		
Whistle	Lifesystems: Safety, Echo, Hurricane whistles		
Torch (handheld/head torch and spare batteries)	Lifesystems: Intensity 280 and Intensity 155 head torches		
Personal first aid kit	Lifesystems: Camping, Trek, Blister, Waterproof first aid kits. Visit DofE.org/shopping/safety for info		
Food (including emergency rations)	Wayfayer: ready to eat expedition food. Firepot: dehydrated expedition food Get advice at DofE.org/shopping/food		
Water bottle	Lifeventure: Tritan Flask (1000ml), Tritan Flip-Top Bottle (750ml), Tritan Bottle (650ml)		
Cutlery**	Lifeventure: Stainless steel, Ellipse, Titanium knife, fork and spoon sets		
Plate/bowl	Lifeventure: Stainless steel camping bowl, camping plate, Titanium plate, Ellipse plate, bowl, collapsible bowl		

Kit List

[DofE-Expedition-Kit-List-January-2023-4.pdf](#)

Item Needed	Specific items we recommend	Got it	Packed it
Mug	Lifeventure: Stainless steel, Titanium, Ellipse mugs		
Box of matches (in waterproof container)	Lifesystems: Stormproof matches		
Wash kit/personal hygiene items (some items could be shared as a group)	Lifeventure: Wash bag (small), All-purpose soap, Dry wash gel		
Sunblock	Lifesystems: Mountain 50 suncream, Mountain Combi Stick SPF50+		
Towel	Lifeventure: Recycled Soft Fibre Towel (large, x-large, giant)		
Small quantity of money (optional)			
Notebook and pen/pencil			
Watch			

GROUP KIT (To carry between the team)

Item Needed	Specific items we recommend	Got it	Packed it
Tent(s)	Vango Trek Tents: Nevis, Scafell, Helvellyn, Nova Nevis Vango Earth Trek: Apex Compact, Alex Geo, Halo, Omega, Cairngorm		
Camping stove(s)	Trangia: 25 and 27 series, Gas burner, Liquid fuel burner Vango: Folding gas stoves		
Camping stove fuel (in an appropriate and safe container)	Trangia: Fuel bottles (0.3/0.5/1L)		
Cooking pans			
Scourers			
Tin opener (if required)			
Tea towels			
Plastic bags (for rubbish etc.)			
Toilet paper and trowel			
Maps (1:25 000/1:50 000)	Ordnance Survey: Explorer, Landranger maps (standard or weatherproof)		
Compass	Silva: Classic, Field, Ranger, Expedition 4 compasses		
Map cases	Silva: M30 Carry Dry Map Case		
Camera (optional)			
Tick remover (location dependent - ask your Supervisor)			
Survival bag	Lifesystems: Heatshield, Survival, Thermal bags, Thermal blankets		



Clothing

Base Layers

- Wicking type is good as they move sweat away from the body, however they are not essential
- Cotton – NOT RECOMMENDED as they retain water



Mid layers – x2

- Must be long sleeved
- Micro fleeces are recommended as they are light, warm and easy to carry
- Hoodies & sweatshirts – NOT RECOMMENDED as they are heavy, retain water and take up a lot of room



Clothing

Trousers – x2

- Walking trousers or sports leggings are ideal as they are robust
- **NO JEANS** or **COTTON JOGGERS** as these are heavy and retain water



Socks – minimum x2

- Walking socks
- Sock liners optional



Waterproofing

As a minimum you must have

- Waterproof Jacket
- Waterproof trousers

[DofE-Waterproofing-and-weather-protection-poster-A3.pdf](#)





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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

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.



Sleeping bag
Pack your sleeping bag inside a waterproof bag in your rucksack to protect it from rain.
Vango Latitude Sleeping Bag



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



Cleaning
Use a specially designed waterproof cleaner for wet weather clothing. Machine or hand wash.
Nikwax Tech Wash



Proofing
Treat your tent, rucksack and other equipment with proofers 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



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
Lifeventure Tritan Flask 1L



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



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.
Lifeystems 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.
Lifeystems Safety Whistle



Torch
Head torches leave both hands free to put boots on, tie tent strings and find kit in your bag.
Lifeystems Intensity 155 Head Torch



Insect repellent
Protect against biting insects in all environments – especially ankles and lower legs.
Lifeystems Expedition 50+ Insect Repellent

More advice on eating on a DofE expedition, 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







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/nearest-store
Kit items shown are examples only. Always follow the advice and training of your DofE expedition supervisor.
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Footwear

- Walking boots not shoes as you must have ankle protections
- Ideally waterproof with a substantial sole

[DofE-Looking-after-your-feet-poster-A3-2020.pdf](#)



How to look after your feet for your expedition

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

- Minimum size 65 litres
- You must have a waterproof liner to keep things dry. Plastic bin bags will do
- Leave room to pack group kit ie tent / stoves / spare maps etc...
- EVERYTHING must be inside your bag except roll mats which can be outside in a waterproof bag ie bin bag
- [DofE-How-to-pack-your-rucksack-poster-A3.pdf](#)





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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.
Lifeways Dry Bags

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

Fuel
Double-bag fuel canisters in a sealable bag and store vertically to avoid spillage.
Triangle 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.
Lifeways Intensity 155 Head Torch

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

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

Mid layers
Fleece 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

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.
Lifeways Trek First Aid Kit

Spare clothing
Push spare clothes to the bottom of the rucksack to fill the space available.
Craghoppers Fusion Base T-Shirt

Rucksack
Make sure your rucksack transfers the weight of your kit to your hips and not on your shoulders.
Vango Sherpa 6070 Rucksack

Wash kit
Lifeways 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.
Wayfayer Expedition Food

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

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

DofE Buff
BUFF® Original headwear

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

Towel
Lifeways Travel Towel

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

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/retailerfinder. Kit items shown are examples only. Always follow the advice and training of your DofE expedition supervisor. The Duke of Edinburgh's Award is a Registered Charity No. 107990, and in Scotland No. SC138264, and a Royal Charter Corporation No. 9C00060. DofE.org

Rucksacks

[Pack-a-rucksack.pdf \(dofe.org\)](https://dofe.org/Pack-a-rucksack.pdf)



The Duke of Edinburgh's Award

How to pack your rucksack



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



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Compasses

([SILVA_DofE_123_guide-2022-1.pdf](https://www.silva.com/dofe/123_guide-2022-1.pdf)[dofe.org](https://www.dofe.org))



EASY AS 123

Navigation all comes down to solid basics. **SILVA's 123 to Navigation** sets a foundation for more advanced skills. Practising using a map and compass on your local walks is a great idea. Go out in the dark to imitate low-visibility conditions that might catch you out in the mountains, so you're prepared and practised in a safe environment.

HOW TO ORIENTATE YOUR MAP

STEP 1
Place your compass on the map. It doesn't matter how you place it, it is the compass needle that is important to orientating your map.

STEP 2
Rotate the map so that the red (north) end of the compass needle points to the top of the map and is aligned with the north gridlines.

STEP 3
Look around. Your map should be orientated to your surroundings.

WHAT IS...?

- A BEARING** is a direction of travel given in terms of degrees. On a compass north is expressed as 0°, east is 90°, south is 180° and west 270°.
- GRID REFERENCE** A map is divided into squares, and each line of the square has a corresponding horizontal and vertical number printed on it. A 4-figure grid reference for each square in the horizontal number, followed by the vertical number. See page 56 for a detailed explanation of grid references and how to use them.
- CATCHING FEATURES** These are features that will tell you if you've gone too far, eg "I know if I head in a northerly direction and hit a woodland then I've missed my turn and need to backtrack."
- HANDRAIL FEATURE** Features such as rivers, streams, fence lines and paths that are going in your direction can be great 'handrails' to follow in poor visibility.

KNOW YOUR COMPASS

- DIRECTION-OF-TRAVEL ARROW**
This arrow will point towards your travel destination after you've set the course.
- MAGNIFYING LENS**
Many SILVA compasses come with a magnifying lens built into the baseplate. This will make it easier for you to read the map and its small typography, and for precision map work.
- COMPASS NEEDLE**
SILVA has developed the world's fastest and most accurate magnetic compass needle. The red end of the needle points to north, and has a luminous tip to help with night navigation.
- NORTH/SOUTH LINES**
Patented red/black north-south lines in the capsule bottom ensure a easy and safe setting. Align with the meridians on the map. Make sure that the map points north.
- BASELINE**
The scales and other information on SILVA compasses are hot-stamped, which makes them exceptionally durable.
- COMPASS ACCURACY**
SILVA is a longtime global leader in compass accuracy, precision and durability. On all SILVA compasses, the direction accuracy for Magnetic North is 1°.
- COMPASS HOUSING**
The capsule is filled with anti-static liquid (customised formula) that ensures clear reading, fast setting time, perfect dampening, stability and accuracy of the needle.

SILVA

DE
RECOMMENDED KIT

Food

- Pack enough food for the length of your expedition
1 day - practice
2 days / 1 night - qualifying
- You must cook a hot meal each night
- Each morning you must have something warm ie porridge or hot drink – hot chocolate
- Don't carry food which will go off in hot weather eg chicken sandwiches etc..
- Water you **MUST** have the capacity to carry 2L of water in robust bottles. Think whether sterilising tablets will be required
- [DofE-Eating-on-your-expedition-poster-A3.pdf](#)





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The Duke of Edinburgh Award

Eating on a DofE expedition

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

Stoves
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



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



Plate/bowl
Plastic, stainless or stainless steel camping gear are lightweight, won't break and easy to clean.
Lifeventure Ellipse Plate and Bowl



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.
Wayfayner 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	Food	Breakfast	Lunch	Snacks	Dinner
Pack as much energy (calories) into the least weight and volume as possible. We suggest between 3,000-5,000 calories per day.	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.	Start the day with a substantial breakfast. This can include cereals, muesli, porridge, noodles or even expedition ready food such as All Day Breakfast.	Picnic or larder style foods are the usual choice for lunch. Pita bread, wraps or other ready to eat foods go well with other high energy items such as crisps, cereal bars and nuts.	Mars bars, boiled sweets, jelly cubes or Rendell mini cake are ideal for an extra energy hit.	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

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







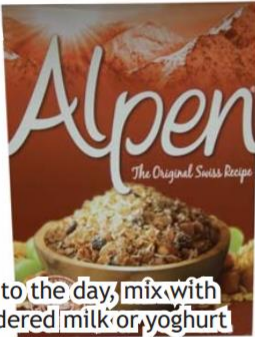
Find everything for your next expedition at one of our five recommended retailers in store or online. Find your nearest store at DofE.org/shopping/retailers.
Kit items shown are examples only. Always follow the advice and training of your DofE expedition supervisor.
The Duke of Edinburgh Award is a Registered Charity No. 1073993, and in Scotland No. SC038294, and a Royal Charter Corporation No. RC000806. DofE.org

Make a Menu



Make a Menu

Muesli



Great start to the day, mix with water, powdered milk or yoghurt

Energy per 100g 377 Kcal
Tastiness 1-5 3/5
Durability 4/5
Health Factor 4/5
Convenience 9/10

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Make a Menu

Baked Beans



Quick, easy, tasty, but really heavy

Energy per 100g 45 Kcal
Tastiness 1-5 3/5
Durability 5/5
Health Factor 3/5
Convenience 6/10

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Make a Menu

Bananas



Everyone loves bananas but they are a bit too delicate. Try and get dried bananas

Energy per 100g 85 Kcal
Tastiness 1-5 5/5
Durability 1/5
Health Factor 5/5
Convenience 9/10

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Make a Menu

Chocolate filled crepes



Really tasty, individually wrapped, can get a bit much

Energy per 100g 456 Kcal
Tastiness 1-5 5/5
Durability 2/5
Health Factor 2/5
Convenience 9/10

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Make a Menu

Cup a soup



Really easy to carry a few, but a bit of hassle to make for the benefits

Energy per 100g 405 Kcal
Tastiness 1-5 2/5
Durability 5/5
Health Factor 3/5
Convenience 7/10

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Make a Menu

Dates



Snack on Dried Fruit, but dates have less protein than most

Energy per 100g 287 Kcal
Tastiness 1-5 4/5
Durability 5/5
Health Factor 3/5
Convenience 10/10

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Make a Menu

Dolmio sachet



If you're having plain pasta then spice it up with this. Tastes good but heavy

Energy per 100g 50 Kcal
Tastiness 1-5 3/5
Durability 4/5
Health Factor 3/5
Convenience 6/10

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Make a Menu

Dried Apricots



Snack on Dried Fruit

Energy per 100g 165 Kcal
Tastiness 1-5 4/5
Durability 5/5
Health Factor 5/5
Convenience 10/10

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Make a Menu



Make a Menu

Fruit
Flakes



Flakes of Dried Fruit

Energy per 100g 330 Kcal
Tastiness 1-5 4/5
Durability 5/5
Health Factor 3/5
Convenience 10/10

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Make a Menu

Hot
Chocolate



Quick, easy, sugary hot drink

Energy per 100g 400 Kcal
Tastiness 1-5 5/5
Durability 5/5
Health Factor 1/5
Convenience 7/10

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Make a Menu

Nut
Muesli
Bars



Museli and
nut bars

Energy per 100g 478 Kcal
Tastiness 1-5 4/5
Durability 3/5
Health Factor 3/5
Convenience 10/10

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Make a Menu

Loyd
Grossman
pasta
sauce



Bit more expensive but a bit more
energy than the dolmio version

Energy per 100g 83 Kcal
Tastiness 1-5 4/5
Durability 4/5
Health Factor 3/5
Convenience 6/10

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Make a Menu

Dried
Pasta



Boring but a staple. Sixty million
Italians can't be wrong

Energy per 100g 354 Kcal
Tastiness 1-5 1/5
Durability 4/5
Health Factor 3/5
Convenience 6/10

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Make a Menu

Dried
Mango



Surely the undisputed king of
dried fruit

Energy per 100g 330 Kcal
Tastiness 1-5 5/5
Durability 5/5
Health Factor 5/5
Convenience 10/10

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Make a Menu

Mars
bars



It is just sugar really

Energy per 100g 450 Kcal
Tastiness 1-5 5/5
Durability 1/5
Health Factor 1/5
Convenience 10/10

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Make a Menu

Nutri-
Grain



Fruity snack bars

Energy per 100g 359 Kcal
Tastiness 1-5 3/5
Durability 3/5
Health Factor 3/5
Convenience 10/10


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Make a Menu

Make a Menu

Oat Cakes



These are not cakes!! But they are good hiking food

Energy per 100g	421 Kcal
Tastiness 1-5	1/5
Durability	1/5
Health Factor	5/5
Convenience	9/10

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Make a Menu

Pasta 'n' sauce



Quick, easy, and tastes OK. Not great but OK

Energy per 100g	396 Kcal
Tastiness 1-5	2/5
Durability	4/5
Health Factor	3/5
Convenience	6/10

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Make a Menu

Salted Peanuts



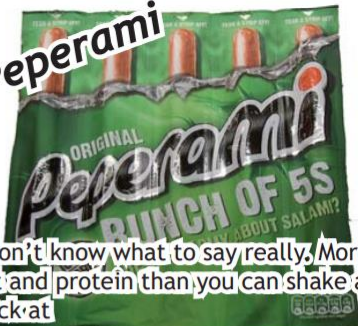
Full of fat, and protein. Don't only eat these but can form part of a well balanced (walkers) diet

Energy per 100g	590 Kcal
Tastiness 1-5	4/5
Durability	4/5
Health Factor	4/5
Convenience	10/10

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Make a Menu

Peperami



I don't know what to say really. More fat and protein than you can shake a stick at

Energy per 100g	500 Kcal
Tastiness 1-5	3/5
Durability	4/5
Health Factor	2/5
Convenience	9/10

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Make a Menu

Pitta bread



Flat bread is better than rolls as it takes less space but can go a bit hard and stale

Energy per 100g	268 Kcal
Tastiness 1-5	1/5
Durability	2/5
Health Factor	2/5
Convenience	8/10

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Make a Menu

Porridge




The breakfast of champions (if you can stomach it)

Energy per 100g	400 Kcal
Tastiness 1-5	2/5
Durability	4/5
Health Factor	5/5
Convenience	7/10

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Make a Menu

Pot Noodle



They are a bit of a cop out but if you have no better ideas then they can have a role as part of your menu

Energy per 100g	378 Kcal
Tastiness 1-5	1/5
Durability	2/5
Health Factor	2/5
Convenience	8/10

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Make a Menu

Sardines



Maybe OK in small quantities as a treat for if you want a healthy oils and protein hit

Energy per 100g	130 Kcal
Tastiness 1-5	4/5
Durability	5/5
Health Factor	5/5
Convenience	8/10

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Make a Menu



Make a Menu

Fruit and Nut trail mix



Great snacking food

Energy per 100g 453 Kcal
Tastiness 1-5 4/5
Durability 4/5
Health Factor 4/5
Convenience 10/10

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Make a Menu

Uncle Bens Mushroom rice



Semi cooked rice so heavier than the real thing. But it takes less time to cook

Energy per 100g 156 Kcal
Tastiness 1-5 2/5
Durability 4/5
Health Factor 2/5
Convenience 6/10

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Make a Menu

Uncle Bens Thai sweet chilli rice



Semi cooked rice so heavier than the real thing. But it takes less time to cook

Energy per 100g 148 Kcal
Tastiness 1-5 3/5
Durability 4/5
Health Factor 2/5
Convenience 6/10

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Make a Menu

Uncle Bens Mexican Bean rice



Semi cooked rice so heavier than the real thing. But it takes less time to cook

Energy per 100g 155 Kcal
Tastiness 1-5 3/5
Durability 4/5
Health Factor 2/5
Convenience 6/10

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Make a Menu

Wayfarer Beans and sausages



Boil in the bag meal from an outdoor shop

Energy per 100g 154 Kcal
Tastiness 1-5 4/5
Durability 4/5
Health Factor 3/5
Convenience 8/10

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Make a Menu

Wayfarer Chilli con carne



Boil in the bag meal from an outdoor shop

Energy per 100g 145 Kcal
Tastiness 1-5 4/5
Durability 4/5
Health Factor 3/5
Convenience 8/10

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Make a Menu

Wayfarer treacle pudding



Boil in the bag pudding from an outdoor shop. More Calories than a wayfarer main meal and tastier

Energy per 100g 340 Kcal
Tastiness 1-5 5/5
Durability 3/5
Health Factor 1/5
Convenience 8/10

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Make a Menu

Wraps



Nicer but more fragile alternative to pitta's

Energy per 100g 294 Kcal
Tastiness 1-5 3/5
Durability 2/5
Health Factor 2/5
Convenience 9/10

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Make a Menu

[DofE Expedition Menu Planner 2019.pdf](#)



DofE expedition menu planner

Team name:

Your name:

Level: Bronze / Silver / Gold Practice / Qualifying



Day	Breakfast	Lunch	Dinner	Snacks	Total Calories
1					
2					
3					
4					
Emergency Rations					

Make sure you: Keep a balanced menu, have the most calories for the lowest weight, take food you'll enjoy, waterproof your food and remember to pack each meal and days food together so you can find it easily.

If you are doing Silver or Gold have your favourite food on day 2 or days 2 and 3 as that's usually when you'll want a motivational boost. Choose something homely that you'll look forward to having like vegetable curry, pasta and meatballs, chilli con carne, chocolate pudding or similar.

For more advice go to www.DofE.org/shopping/food

Expedition Expectations

- Make sure to follow the countryside code
 - Do not drop litter
 - Close gates when you go through them
 - Stay away from farm animals and wildlife
 - Be polite to other members of the public
 - Do not make too much noise
 - Stay on recognised footpaths
- No mobile phones allowed – if you are seen with them this will be a fail
- Campsites must be kept spotless with ALL litter picked up
- Tent bags, peg bags and spare pegs **MUST** be put back inside tents
- You must not enter any shops/buildings etc...
- **REMEMBER** – Your assessor may be around the corner or hiding behind a tree!!!



Navigation Skills Training

Thursday 18 th May	Thursday 25 th May	Thursday 8 th June
Orange	Blue	Pink
Purple	Red	White
Grey	Green	Lime
Turquoise	Yellow	Burgundy



Practice Expedition

- Friday 23rd June 2023
- Day Sacks only needed but you must:
 - Wear suitable clothing including walking boots
 - Carry waterproof and spare jumper
 - Bring food for the day including lunch and snacks
 - Have the capacity to carry at least 1 ½ - 2litres of liquid – NO Fizzy drinks
 - Suncream if hot weather
- You will set off from school start times will be around 8 – 8.30am
- Students will be supervised for some but not all of the route and will have checkpoints to hit where members of staff will be waiting
- Finish will be back at school hopefully in time for the buses but if groups do not walk fast enough they will need picking up from school



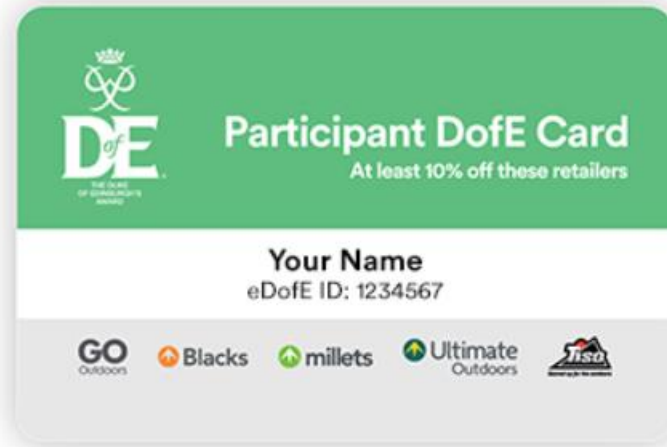
Qualifying Expedition

- Saturday 23rd – Sunday 24th September or 10th – 11th July
- Full rucksacks with food, clothing and sleeping bags etc.. – Leave room for group kit
- Drop up will be CVS and you will be bused to start point
- Students will be supervised for some but not all of the route and will have checkpoints to hit where members of staff will be waiting
- Camping overnight will be at a local campsite – details will be given near the time
- Finish will be from a local village e.g. Ubley village hall



Don't forget your D of E Discount Card

Key information for participants/parents about the participant DofE Card



Finally:

- Medical Issues
- Assessor Reports
- Welcome packs
- Questions

