



**YOUTH
WITHOUT
LIMITS**



**BE READY
FOR
ANYTHING!**



**YOUTH
WITHOUT
LIMITS**

Participant



Proud to be DofE Recommended Retailers

Welcome to the DofE

**Exclusive discounts and
products inside**

**Save at least 10% with
your DofE Card**

We work with brands and businesses that can support young people doing their DofE.

These partnerships:

- ➔ Help young people work towards their Award.
- ➔ Reduce the cost of doing a DofE programme.
- ➔ Generate donations and royalties that go back to the DofE charity to help more young people start and achieve our Awards.



Visit DofE.org/shop



Save at least 10% on expedition kit at our DofE Recommended Retailers.

 GOoutdoors.co.uk	 Blacks.co.uk	 Millets.co.uk	 Ultimateoutdoors.com	 Tiso.co.uk
EXTRA 10% off GO Outdoors Discount Card price	15% off Current selling price (Includes reduced price items)	15% off Current selling price (Includes reduced price items)	15% off Current selling price (Includes reduced price items)	15% off Retail price



Check out DofE Recommended Kit – outdoor items that may be needed on expedition.



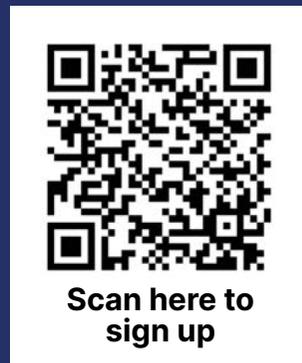
Browse our range of official DofE hoodies, T-shirts, and merchandise.



Access free prize draws, courses, and offers for you and your DofE group.

REGISTER NOW!

It takes two minutes to register for your **NEW green DofE Card**, which will be sent by email and by post.



Our DofE Recommended Retailers – **GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso** are launching their new DofE Card that saves you and your family at least 10%, in-store and online.

How to get your new DofE Card

1. Go to the DofE sign-up form using the QR code, via eDofE or the DofE app.
2. Fill out your details or your parent/carer's details. **Make sure you include your eDofE ID and select 'Participant/Parent'.**
3. You'll receive an email from GO Outdoors with your new Digital Card.
4. You should then receive your new green DofE Card in the post within 15 working days.

Once you receive your email and/or green card, just take it to the till or use online to get your exclusive DofE discount (T&Cs apply).

For full details about your DofE Card, how you can save on expedition kit and more, FAQs and terms and conditions visit **[DofE.org/shop/card](https://www.dofe.org/shop/card)**.

Your new DofE Card will also now be accepted at:

Naylors
EQUESTRIAN | COUNTRY | PET

**FISHING
REPUBLIC**
EST 1985 | UK



For more expedition kit advice, visit DofE.org/shop/kit-guide

Vango

Rucksacks

- Look for self-adjusting back systems – they should fit comfortably and securely on your back.
- A top lid with zip pockets provides easy access and safety.
- Ergonomic padded hip belts are shaped for optimum load transfer and comfort.
- Look for a detachable rain cover, included in the base of the rucksack, to keep the bag dry and aid visibility in low light.

Sleeping Bags and Mats

- Choose a sleeping bag with a compression stuff sack to reduce the pack size.
- Pack your sleeping bag inside your rucksack and never strap it to the outside, to avoid it getting wet or lost.
- A mummy-shaped sleeping bag with a hood helps keep warm air close to you.
- Your sleeping mat should be designed for outdoor use – yoga/roll mats do not have the same durability or insulation.

HI-TEC

Walking Boots

- Choose walking boots, not shoes, for ankle support and stability.
- A resistant heel and toe cap protects against rough terrain.
- Waterproof, breathable membrane keeps feet dry.
- Rubber soles improve grip walking both up and downhill.



radix



Expedition Food

- Balanced, nutritional meals.
- Sturdy packaging.

LIFEVENTURE

LIFESYSTEMS

Cooking and First Aid

- Use lightweight and durable cookware, e.g. plastic or titanium.
- Consider collapsible bowls and mugs to save space.
- Choose a sturdy, leak-proof water bottle.
- Don't forget blister plasters, tweezers and any necessary medications.



CRAGHOPPERS

Technical Clothing

- For warmth, add an insulating, quick-drying fleece as your mid layer.
- Choose items with functional pockets and zips.
- Technical T-shirts keep you dry and cool.
- Wear comfortable lightweight trousers – no jeans!

Waterproofs

- Choose a lightweight jacket which is waterproof (not shower proof) and breathable.
- Bring waterproof over trousers as you are outdoors in all weathers.
- Reflective detailing is a useful safety feature.

bridgedale

Walking Socks

- Walking socks are an essential – standard cotton socks do not protect feet from blisters.
- Padding provides extra cushioning to key comfort areas.
- Elasticated fit prevents slippage and reduces rubbing.

KIT LIST

What have you got? What can you borrow? What do you need to buy?



Our Expedition Kit List is a **GUIDE** to the items you may need for an expedition.

We only recommend items that are suitable for DofE expeditions and are 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.

Download at
[DofE.org/shop/kit-list](https://www.dofe.org/shop/kit-list)

KIT RESOURCES

Download for free - share and print our resources from [DofE.org/shop/expedition-kit-resources](https://www.dofe.org/shop/expedition-kit-resources)

Having the right kit can make your expedition even more enjoyable. We have a range of expedition resources available to support you when preparing for your expedition. **Examples of our resources:**

- How to pack your rucksack.
- What to wear on your expedition.
- Waterproofing and weather protection.
- How to look after your feet.
- Top tips for health and hygiene.
- What's in a first aid kit.



DOFE SHOP

Official DofE Clothing is the only DofE-branded clothing that donates back to the DofE charity.

- ➔ Get quality hoodies, T-shirts and more, in a range of colours and in sizes **from XS to 2XL**.
- ➔ All items are made to order and can be personalised with your name, role or school **from only £3**.
- ➔ **20% of each purchase** goes to help more young people to do their DofE.



See the full range at shop.DofE.org

EVERYDAY

- Classic and comfortable, perfect for wearing at home, school or out and about.
- Men's, women's and unisex fit options.
- The DofE logo is embroidered white with personalisation available on front and back.



ECO

- Made from 100% organic cotton, regenerated cotton and recycled polyester.
- Includes hoodies with front pouch and super soft T-shirts.

EXPEDITION

- Designed by Craghoppers and inspired by the DofE.
- Stylish waterproof jackets, warm fleeces and base layer T-shirts.
- Flexible, lightweight and quick-drying.



ACHIEVERS

- Exclusive to DofE Award holders – proof of Award achievement is required before ordering.
- Includes premium hoodies, polos or quarter zip tops.
- Features the Award level Royal Cypher in Bronze, Silver or Gold thread.



DOFE SHOP CONTINUED

Official DofE merchandise includes a wide range of items that can be used by a DofE group, purchased to promote the DofE – or just to treat yourself or someone else.

Bright mugs, eco-friendly bags, colourful lanyards, useful notebooks, sturdy kit bags, prize ties, umbrellas, pens, and more...



Thermal Mug (other colours available)
£14.99



Pin Badge
£4.99



Tote Bag
£5.99



Note Book
£10.99



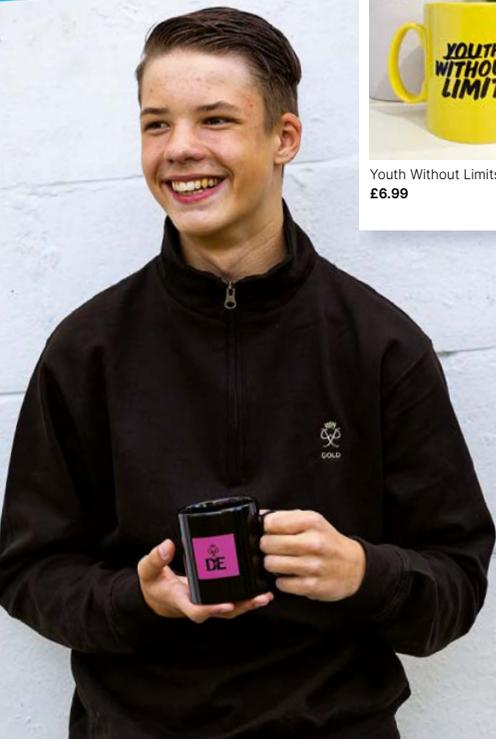
Youth Without Limits Mug
£6.99



Lanyards (pack of 10)
£14.99



Ballpoint Pens (pack of 25)
£12.99



See the full range at
shop.DofE.org