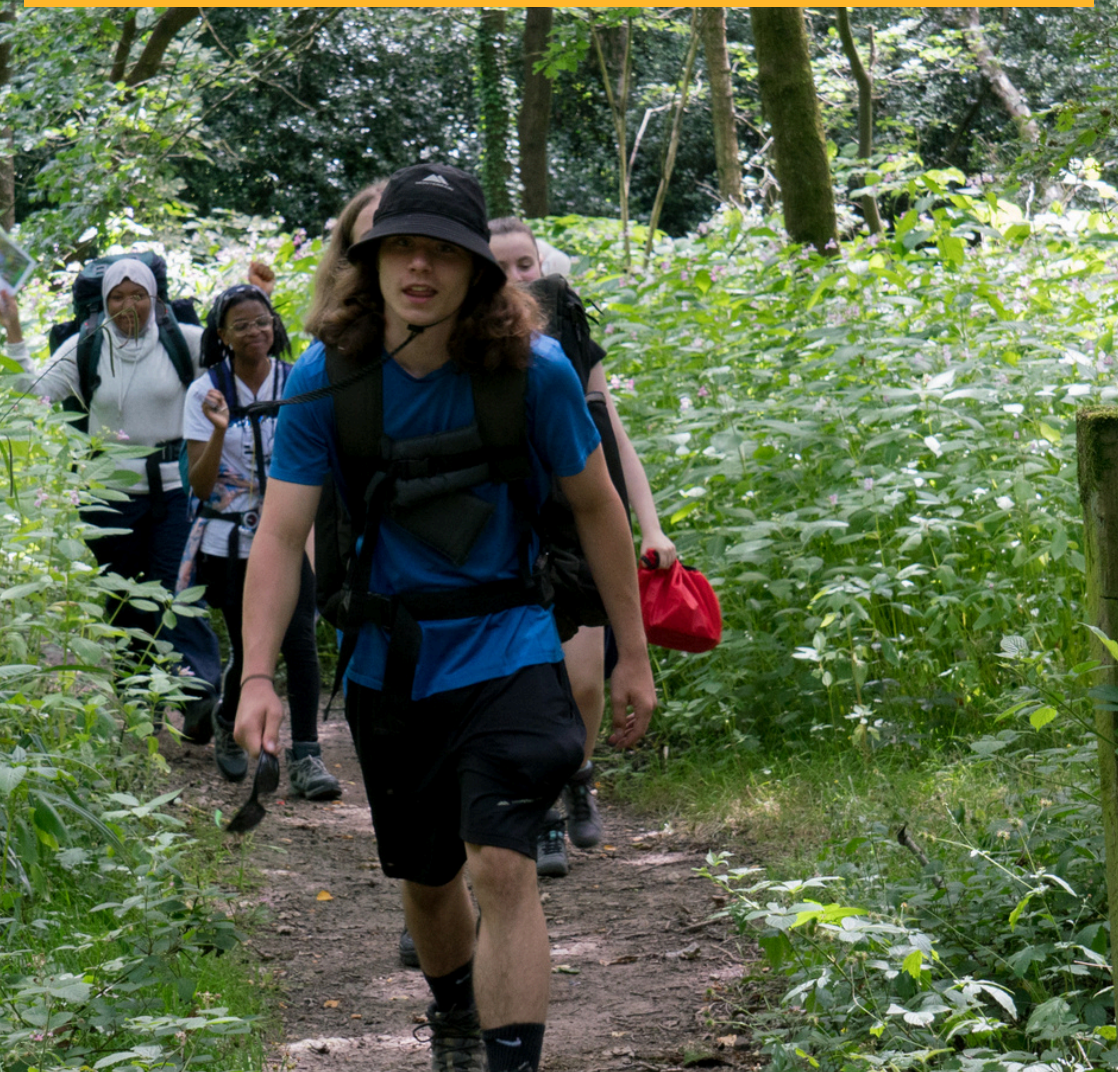


DUKE OF EDINBURGH EXPEDITION BOOKLET



Dorothy Stringer School

DATES OF EXPEDITIONS



PRACTICE EXPEDITION

Saturday 9th & Sunday 10th May 2026

QUALIFYING EXPEDITION

Saturday 13th & Sunday 14th June 2026



KIT LIST : PERSONAL ITEMS

CLOTHING & PERSONAL KIT		
Item Needed	Got it	Packed it
1 pair of walking boots (broken in)		
2 pairs of walking socks		
2 pairs of sock liners (optional)		
Jacket/coat (waterproof and windproof)		
<u>Waterproof overtrousers</u>		
2 fleece tops or similar		
2-3 t-shirts (thermal optional)		
2 walking trousers (warm, NOT jeans)		
1 pair of shorts (if appropriate)		
Underwear		
Nightwear		
Flip flops/sandals (optional for camp site use)		
Warm hat and/or sunhat (as appropriate)		
1 pair of gloves (if appropriate)		
Rucksack		
Rucksack liner (or 2 strong plastic bags)		
Sleeping bag (+ pillowcase to fill with clothes, or small inflatable pillow)		
Sleeping mat		
Waterproof bag		
Sleeping bag liner (optional)		
Whistle		
Torch (handheld/head torch and spare batteries)		
Personal first aid kit		
Food (including emergency rations)		
Water bottle		
Cutlery		
Plate/bowl/mug		
Suncream		
Towel		
<u>Washkit/medication/personal hygiene items</u>		
Notebook and pen/pencil		

KIT LIST : GROUP ITEMS

GROUP KIT (To carry between the team)

Item Needed		Got it	Packed it
Tent(s)	You will be issued this on the day		
Camping stove(s)	You will be issued this on the day		
Camping stove fuel*** (in an appropriate and safe container)	You will be issued this on the day		
Cooking pans	You will be issued this on the day		
Scourers			
Tin opener (if required)			
Tea towels			
Plastic bags (for rubbish etc.)			
Toilet paper and trowel			
Maps (1:25 000/1:50 000)	You will be issued this on the day		
Compass	You will be issued this on the day		
Map cases			
Camera (optional)			



DofE expedition kit tips:

EATING ON YOUR EXPEDITION

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

Fuel must be kept away from fire starters. Different people should carry the fuel, stove and matches.

Trangia Fuel



Water

Set off each morning with enough fluid to last the day. This means carrying at least two litres of water with you.

Lifefuture Tritan Flask 1L



Cutlery

Make sure to wash or swap any utensils that have handled raw food before using them to eat.

Lifefuture 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.

Lifefuture Ellipse Mug



Pots & 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.

Lifesystems Windproof Matches



Plate/bowl

Plastic, titanium or stainless steel camping gear are lightweight, durable and easy to clean.

Lifefuture Ellipse Plate and Bowl



Ready to eat food

Expedition food pouches are ideal for breakfast or snacking on the trail. They are lightweight, calorie dense and can be eaten hot or cold. You can find options to suit most dietary requirements.

Wayfayer Expedition Food



Packing

Try packing each meal in a bag for the day so they're easy to take out when it's time to eat.

Lifefuture Dry Bags



Calories	Food	Breakfast	Lunch	Snacks	Dinner
Food is fuel, which your body needs on your Expedition. Pack as much energy into the least weight and volume as possible.	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 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. Be aware of any allergies in your group.	Mars bars, boiled sweets, jelly cubes or Kendal mint 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/shop

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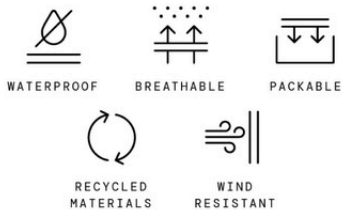
Find everything for your next expedition at one of our five recommended retailers in store or online. Find your nearest store at DofE.org/shop/store-finder. Kit items shown are examples only. Always follow the advice and training of your DofE expedition supervisor. The Duke of Edinburgh's Award is a Registered Charity No. 1072490, and in Scotland No: SC038254, and a Royal Charter Corporation No. RC000806. DofE.org

DofE expedition kit tips:

WHAT TO WEAR

FABRICS

- Lightweight fabrics help regulate body temperature and allow moisture to escape.
- Wind resisting material blocks wind from penetrating the garment, reducing the effects of wind chill.
- Waterproof fabric provides a moisture barrier for guaranteed dryness.
- Stretchy fabric offers a greater range of motion and comfort.
- Sun protection is given by a combination of three things: the density of the fabric, the type of yarns and the colour.
- Moisture control effectively moves moisture away from the skin, keeping you cool on the move and fresh in humidity.



WATERPROOFS

Waterproofs are an important part of your expedition and keep out rain, wind and cold.

Good waterproofs are lightweight and breathable, so you stay free of moisture inside your jacket.

Choose a jacket with a front zip for easy removal. You can wear waterproof trousers over your normal walking clothes. Choose a pair with wide legs to slip on over your walking boots.



- Craghoppers Men's Waterproof Vanth Jacket
- Craghoppers Men's Charon T-shirt
- Craghoppers Men's Verve Trousers
- Craghoppers Ascent Over Trousers

LAYERING

When packing for your expedition, you want your clothes to be easy to layer, as this allows you to warm up and cool down quickly and, more importantly, incrementally.

The clothing you bring needs to be quick to dry, breathable and light.

Synthetics and merino wool are the best materials for this, as are clothes made of football-shirt material.



- Craghoppers Women's Esk Fleece Jacket
- Craghoppers Women's Fusion Base T-shirt
- Craghoppers Women's Velocity Tights

WALKING BOOTS AND SOCKS

Make sure to invest in a good pair of boots if you plan to use them frequently, but don't overspend if you plan on hanging them up after your expedition!

Fabric boots are lighter, cheaper, and a good option if your feet are still growing.

Leather walking boots will cost you more than fabric boots, but they are usually sturdier and longer-lasting.



Good walking socks will help your feet stay dry and ventilated, reducing the risk of fungal infection while keeping your toes warm.

- Bridgedale Men's Ultralight Merino Performance Boot Socks
- Bridgedale Women's Ultra Light Merino Performance Boot Liners
- Hi-tec Men's Eurotrek Lite WP Walking Boots
- Hi-tec Bandera Lite WP Women's Walking Boots

More advice on what to wear for your expedition, as well as the official DofE Expedition Kit List, can be found at DofE.org/shop

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DofE expedition kit tips:

PACK YOUR RUCKSACK

Liner

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

Lifeware Dry Bags



Survival bag

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

Lifesystems Survival Bag



Head torch

Pack evening essentials such as batteries or chargers together so you can find them easier in the dark.

Lifesystems Intensity 155 Head Torch



Stove

Clean and dry thoroughly, then place close to your back to maintain your centre of gravity.

Trangia 25-1UL Stove



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 to fill the space available.

Craghoppers Charon T-Shirt



Socks

Always take at least two pairs of socks and ideally one set for each day. Pack to keep dry.

Bridgedale Men's Ultralight Merino Performance Boot Socks/Boot Socks



Sleeping bag

Keep your sleeping bag dry by placing inside a waterproof bag inside your rucksack.

Vango Latitude Sleeping 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

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 Vanth Jacket and Ascent Overtrousers



Mid layers

Fleeces are lightweight and dry quickly. Keep near the top as temperatures can change quickly.

Craghoppers Esk Fleece Jacket



Tent

Ensure the heaviest kit is close to your back and balanced on each side.

Vango Banshee 300 Tent



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.

Lifesystems 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

Lifeware Travel Wash Bag



Eating/drinking

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

Lifeware Ellipse Mug and Plate



Towel

Lifeware 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/shop

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DofE expedition kit tips:

PACK YOUR RUCKSACK



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EXPECTATIONS



You have worked hard to get to this stage of the DofE Award - please remember you are representing the school and ensure you follow the guidelines below.

1. **Mobile Phones** - MUST be turned off and placed inside the sealed envelopes. Only to be accessed in an emergency. Anyone found using a phone will be sent home.
2. **Respect** - please show this to all other students and staff. Make sure you are following the instructions given by your group instructor and be mindful of other members of the public around and who may also be camping nearby.
3. **Litter** - Do not leave anything behind. It must all be taken with you and disposed of at the campsites.
4. **Take care** - of yourself and others. Make sure you are eating and drinking enough and get enough rest when you can.
5. **Equipment** - look after this and ensure anything borrowed is returned in the same condition.