



### Personal Clothing & Walking Boots

#### Walking Boots

- Must fit comfortably, without pinching or rubbing.
- **MUST** have padded ankle support to reduce likelihood of twisted / sprained ankles.
- Good strong sole with plenty of grip.
- Can be either leather or fabric.
- Advisable to keep boots clean and regularly apply wax (leather) or "NikWax" spray (fabric) to waterproof.

**Please do not wear trainers or trail shoes.**



**Leather Boots**



**Fabric Boots**

Price Range  
£25 - £50



**NOT** Trail Shoes or Trainers

#### Walking Socks

- Comfortable fit.
- Merino wool allows moisture to evaporate which reduces likelihood of blisters.
- Bridgedale is a good brand for DofE expeditions.



Price Range  
£12 - £15

#### Base Layer & Underwear

- Comfortable fit. **Avoid cotton material.**
- Synthetic material, like sports tops, football shirts etc.
- Merino wool next to skin allows sweat to evaporate.



Price  
From £5 upwards

#### Mid Layer & Trousers

- Lightweight fleece tops, but not thick hoodys.
- Thin layers make it easier to regulate temperature.
- Activity trousers, track suit, leggings all OK.
- **Avoid materials with high cotton content.**



Price  
From £10 upwards

#### Waterproof Jacket & Overtrousers

- Both Jacket & Overtrousers required on all events.
- **MUST BE WATERPROOF.**
- Avoid jackets that are advertised as "showerproof".
- Regatta Packaway Overtrousers good value for DofE.



Price  
Jacket:  
from £20  
Trousers:  
from £10

#### Warm Hat & Waterproof Gloves

- Warm Hat & Gloves must be brought on all Training & Expeditions regardless of the weather forecast.
- Gloves should be waterproof as well as warm.



Price  
From £5

#### Sun Hat or Baseball Cap

- Advisable to have a sun hat or baseball cap to protect your head and neck from sunburn.



Price  
From £5

### Group Equipment

Karos Adventure will provide tents, stoves (gas burner and pans), fuel (gas), maps, map cases and a group first aid kit which will be issued at the start of each expedition and collected at the end of the expedition. Please note that all members of the team are accountable for these items and will be charged if they are damaged or not returned.

### Recommended Stockists (this list is not exhaustive, please check your local area for independent shops)

- GO Outdoors – [www.gooutdoors.co.uk](http://www.gooutdoors.co.uk) (10% off the GO Outdoors Discount Card with DofE Reward Card)
- Cotswold Outdoors – [www.cotswoldoutdoor.com](http://www.cotswoldoutdoor.com) (10% DofE participant discount)
- Ultimate Outdoors – [www.ultimateoutdoors.com](http://www.ultimateoutdoors.com) (10% DofE participant discount)
- Blacks – [www.blacks.co.uk](http://www.blacks.co.uk) (10% DofE participant discount)
- Decathlon – [www.decathlon.co.uk](http://www.decathlon.co.uk)










Shop around, do some research on the internet, and ask for discounts. Always take your DofE Reward Card as proof. You should also check with school, family or friends as you may be able to borrow or hire some items.



### Personal Equipment (items that each person in the team should have)

 <p>Rucksack (55-65 litre capacity, with padded shoulder straps &amp; hip belt)</p>	 <p>Rucksack Liner (Thick Plastic Bag or Rubble Sacks for sleeping bag &amp; spare clothes)</p>	 <p>Sleeping Bag (3 season best for warmth) – in compression sack &amp; <b>waterproof bag</b>.</p>	 <p>Roll Mat (Foam roll mat or self-inflating)</p>	 <p>Spare Clothes (1 complete set, including socks &amp; underwear, in <b>waterproof bag</b>)</p>	 <p>Torch (head torch is best if possible) plus spare batteries</p>
 <p>Watch (cheap &amp; waterproof)</p>	 <p>Water Bottle or Hydration Pouch (capacity 2 litres)</p>	 <p>Spoon/Fork/Spork, Plastic Bowl, Insulated Mug</p>	 <p><b>Small</b> Wash Kit, including travel-sized toothbrush, toothpaste, travel soap and flannel</p>	 <p>Expedition Food (as per your menu plans)</p>	

### Personal Safety Equipment (essential items for navigation and emergency use)

 <p>Survival Bag (Thick orange plastic bag)</p>	 <p>Personal First Aid (Plasters, Blister Pads, Antiseptic Wipes, Personal Medication, Knee Support etc.)</p>	 <p>Emergency Ration (Kendal Mint Cake or Energy Tablet)</p>	 <p>Mobile Phone. <b>For Emergency use only.</b> Fully charged battery, switched off, <b>sealed in a bag.</b></p>	 <p>Whistle (may be attached to a rucksack strap)</p>	 <p>Equipment Repair Kit (Spare Boot Laces, small bit of "Gaffer Tape", safety pins etc.)</p>
 <p>Pencil &amp; Notebook</p>	 <p>Compass (Silva Expedition 4)</p>	 <p>Disposable Camera (<b>NOT</b> the camera app on your phone – you cannot use your mobile on the expedition)</p>			

### Group Camping Equipment

(Plan your kit so that each participant brings a couple of these items and shares with the rest of their team)

 <p>Sun Cream</p>	 <p>Insect Repellent (protection against midge/insect bites)</p>	 <p>Brillo Pads (with soap) and T-Towel – for washing-up!</p>	 <p>A couple of rubbish bags</p>	 <p>Toilet Paper (a few sheets) &amp; any sanitary products (in waterproof bag)</p>	 <p>Travel bottle of Anti-bacterial Hand Gel</p>
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### Carrying your rucksack

Weigh your rucksack before the expedition. It should weigh no more than 10kg – 12kg (22 – 28 lb or 1.5 – 2.0 stone) and certainly no more than 25% of your own body weight.