

Expedition Clothing

Item	Additional Information	Got it	Wear it
• Walking Boots	MUST have padded ankle cuff to reduce risk of sprains or broken ankle. NOT TRAINERS (increases risk of severe injury!).		
• Walking Socks	Thicker walking socks with padded heels and toes will help to reduce blisters.		
• Underwear	Made from either synthetic fibres such as polyester, acrylic, or merino wool, to reduce chafing. NOT COTTON.		
• Top / T-Shirt	Made from either synthetic fibres such as polyester, acrylic, or merino wool, to reduce chafing. NOT COTTON.		
• Activity Trousers / Leggings	Made from synthetic fibres such as polyester or acrylic to reduce chafing. NOT COTTON.		
• Fleece / Thin Jumper	Multiple thin layers help regulate body temperature. Avoid thick tops & hoodies which are heavier to carry.		
• Windproof Jacket	To help keep warm, especially on the campsite in the evening.		
• Waterproof Jacket	Waterproof (not showerproof) with taped seams.		
• Waterproof Overtrousers	Waterproof (not showerproof) with taped seams.		
• Warm Hat	Essential, even in the summer when temperatures drop.		
• Necktube or "Buff"	Multi-purpose for protecting the neck and lower part of the face.		
• Sun Hat / Baseball Cap	Especially if it's sunny to help reduce sunburn.		
• Warm Gloves	Should be both warm and waterproof.		
• Gaiters*	*Silver & Gold Walking Expeditions only. These help to protect the lower part of legs and top of feet from getting wet and muddy.		

Where to buy expedition clothing & kit

Participants can save at least 10% with their DofE Card at DofE Recommended Retailers: GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso. Other local independent suppliers may also offer discounts. The DofE card is included in the participant's DofE Welcome Pack. A personalised digital DofE Card can also be downloaded from eDofE or the DofE app. Go to [DofE.org/shopping/card](https://www.dofe.org/shopping/card) for full details.

Karos Adventure Rucksacks & Group Kit

Karos Adventure has a small supply of expedition rucksacks available for hire on a "first come, first served" basis. If you would like to hire a rucksack, please discuss this with your DofE Teacher who will arrange this with us. We will provide each team with tents, stoves, fuel, maps, map cases, a compass and a group first aid kit. All items of kit will be delivered to the start and collected at the finish. A replacement fee is charged for any kit that is lost, not returned, or is damaged through negligence whilst in use on the expedition/training.

For further information on equipment, clothing and food, including how to pack your rucksack, please refer to the factsheets and videos on our website: www.karosadventure.com/factsheets-videos/preparing-for-your-expedition.

Expedition Kit

<u>Item</u>	<u>Additional Information</u>	<u>Got it</u>	<u>Packed</u>
• 65 litre Rucksack	With padded hip belt and shoulder straps - see factsheet & video .		
• Roll Mat	Foam roll mat or self-inflating. This is the only item of kit allowed to be packed on the outside of your rucksack!!		
• Sleeping Bag & Liner	2-3 season sleeping bag, wrapped up in a thick rubble sack (available from supermarkets) and a liner inner sheet bag for extra comfort.		
• Spare Clothes	1 top, 1 thin jumper and 1 pair of trousers for the expedition. Underwear and walking socks per expedition day. All clothing must be wrapped in a thick rubble sack to keep them dry.		
• Small Wash Kit	Travel-sized toothbrush & toothpaste, small soap, flannel/hand towel.		
• Small hygiene kit	A few sheets of toilet paper sealed in 2 small "nappy sack" bags. A small pack of wet wipes. Female participants should also pack a small amount of sanitary products just in case of need - see factsheet .		
• Anti-bacterial hand gel	To clean hands before eating, and throughout the expedition.		
• Torch	Head-torch would be best. Bring a set of spare batteries too.		
• Spork or similar	Lightweight cutlery or spork.		
• Plastic bowl & mug	To eat your evening meal and breakfast and for hot drinks.		
• Water Bottle or Hydration Pouch	At least 2 litres capacity (2 bottles are better than 1) or hydration pouch. Water will be provided throughout each day.		
• Expedition Food	Refer to your Menu Planner, factsheet & video for food. Pack your snacks in side pockets so that they are accessible during the journey.		
• A Brillo Pad & T-Towel	To wash up pans, bowls, mug and cutlery after eating.		
• 2 rubbish bin bags	For putting your rubbish in when on the campsite.		
• Watch	Essential - to tell the time and help navigate!		
• Survival Bag	Multi-purpose thick orange plastic bag		
• Personal First Aid Kit	Plasters, blister pads, antiseptic wipes - see factsheet .		
• Personal Medication	e.g. asthma inhaler, Epi-pen, knee support etc. These items MUST be packed if declared on the Participant's Medical Consent Form.		
• Suncream	Factor 50 suncream - which must be used in sunny weather.		
• Emergency Rations	A single bar of Kendal Mint Cake, tube of Dextrose or similar.		
• Whistle	For attracting attention. Often part of modern rucksacks.		
• Equipment Repair Kit	Spare laces, spare batteries, small strip of "duck tape" (wrapped around your plastic water / sun cream bottle).		
• Pencil & Notepad	For recording notes and useful in an emergency.		
• Mobile Phone	Must be switched off, sealed in a bag and only used in an emergency to contact a leader or emergency services - see factsheet .		
• Compass	A Silva Classic Compass is best for expeditions.		
• Camera*	*Silver & Gold Expeditions only. To take photos for your Presentation (you won't be able to use your current mobile phone).		