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Expedition kit

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WHATEVER YOUR ADVENTURE

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Geared up for the outdoors

Tiso.com



For exclusive discounts, use your new DofE Card or download your DofE Voucher from eDofE. Visit **DofE.org/shopping/card** for more details.

All active DofE participants are eligible to access these retailers' discounts.



WELCOME

Expedition kit advice from the DofE

This guide is aimed at helping participants and parents understand what kit is needed for DofE expeditions.

Each category includes key things to look for in your expedition kit and what the DofE recommends. DofE Recommended Kit is fit for purpose and good value for money.

Whether you are doing your Bronze, Silver or Gold DofE programme, this guide is just a summary. For more detailed information, visit DofE.org/shopping/kit-guide.

For everything you'll need, the DofE Expedition Kit List is your essential checklist when preparing your kit for your DofE expedition. Find the DofE Kit List at DofE.org/shopping/kit-list.

However, remember that the kit list is a guide only, and you must check with your Expedition Supervisor that your kit is suitable for your particular expedition.

You can save at least 10%, and often more, on all your expedition shopping by using your new DofE Card at GO Outdoors, Blacks, Millets, Ultimate Outdoors or Tiso, in store and online.

The DofE charity receives a donation for every purchase of DofE Recommended Kit or when you use your DofE Card or Digital Card with our recommended retailers.

Good luck on your expedition and thanks for your support.

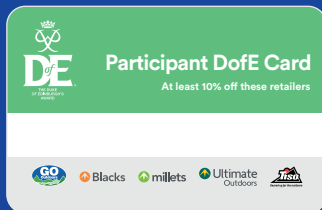
Always show your DofE Card or Digital Card. You'll get the best savings and help young people to do their DofE.

Save at least 10% and often more

And not just on expedition kit

Your new personal DofE Card gives you a discount in five fantastic retailers, in store and online.

GO Outdoors, Blacks, Millets, Ultimate Outdoors and Tiso are all DofE Recommended Retailers of Expedition Kit and you and your family can use this card to save on everything you buy.








Craghoppers Horizon Waterproof Jacket



RRP £85
GO Outdoors
Discount Card
price £51

DofE Card price £45.90
Saving 46%*

 <p>Extra 10% off the GO Outdoors Discount Card price, which is already at least 10% off the RRP.</p> <p>Inspiring everyone to get outdoors, for less.... and love it as much as we do.</p>	 <p>15% off the current selling price. Includes reduced price items.</p> <p>Proud to be a part of your outdoor life.</p>	 <p>15% off the current selling price. Includes reduced price items.</p> <p>The destination for family adventure.</p>	 <p>15% off the current selling price. Includes reduced price items.</p> <p>The number one destination for all things outdoors.</p>	 <p>15% off the retail price.</p> <p>Scotland's leading specialist retailer for outdoor clothing, camping equipment and climbing gear.</p>
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Find your nearest store at DofE.org/shopping/storefinder

This group of outdoor stores gives you access to the biggest range of outdoor kit at the very best prices, in over 200 stores across the UK. Even better, all purchases generate a donation to the DofE charity helping us keep participation fees down.

Please note: terms and conditions apply. Visit DofE.org/shopping/T&Cs for more details.

* Pricing and discount valid on 25/11/2019 on GOOutdoors.co.uk



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To get the most from your card, you need to know how to use it.

Your DofE Card explained...

Your DofE Card is ready to use from today. It is personalised to you from the information you have registered on eDofE.

Use the different codes on the back of the card to claim your discount in store and online.



Online

Use the online code at **GOoutdoors.co.uk**, **Blacks.co.uk**, **Millets.co.uk**, **Ultimateoutdoors.com** and **Tiso.com**.

In store

Show the barcode at any GO Outdoors, Blacks, Millets, Ultimate Outdoors or Tiso store to get your discount.

Please note your DofE Card will need to be registered at the checkout the first time you use it in GO Outdoors.

Find your nearest store: DofE.org/shopping/storefinder

Buy online at:

Blacks.co.uk

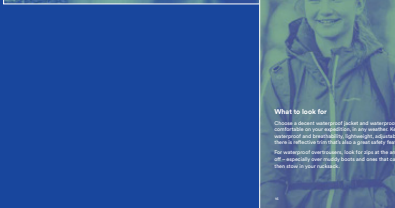
Millets.co.uk

GOoutdoors.co.uk

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Terms and conditions: T&Cs vary for each store. Visit DofE.org/shopping/card/T&Cs for full details.



Kit advice and money saving tips

Download at DofE.org/shopping/kit-guide

Look after your feet on expedition

Take on foot care before, during and after your expedition.

Before you start

- Make sure you have the right shoes for your expedition. They should be comfortable, well-fitting and have good grip.
- Break in your shoes before you go. Wear them for long periods of time to make sure they are comfortable.
- Get your feet checked out by a podiatrist before you go. They can advise you on the best shoes for your feet and any problems you may have.
- Get your feet checked out by a podiatrist before you go. They can advise you on the best shoes for your feet and any problems you may have.

During your expedition

- Keep your feet dry. Wet feet can lead to blisters and other problems.
- Change your socks often. Wet socks can lead to blisters and other problems.
- Use foot powder. This can help to keep your feet dry and prevent blisters.
- Use foot powder. This can help to keep your feet dry and prevent blisters.

After your expedition

- Wash your feet. This will help to keep them clean and prevent infection.
- Dry your feet. This will help to prevent blisters and other problems.
- Use foot powder. This can help to keep your feet dry and prevent blisters.
- Use foot powder. This can help to keep your feet dry and prevent blisters.



For more pieces of kit to protect the enjoyment of your expedition more than what you put on your feet

To discover the best kit to look after your feet properly and more foot care products, visit uk.duffell.org/shopping/footcare

Expedition.co.uk | Duffell Engineering

DofE Expedition Kit List

Your essential expedition check list

What have you got? What can you borrow? What do you need to buy? The DoFE Kit List also features DoFE Recommended Kit that is fit for purpose and value for money for DoFE expeditions.

Download or plan online at
DofE.org/shopping/kit-list

Rucksacks

Tips for buying expedition rucksacks

DofE recommends: Vango Sherpa rucksack

Self-adjust back system – robust and will fit just about all back lengths

Top lid with zip pocket provides easy access and safe storage for small items

Ergonomic padded hip belt – shaped for optimum load transfer and comfort

Detachable rain cover included in the base of the rucksack to keep dry and aid visibility in low light



Your rucksack will carry all your essential items for your expedition. It's important to have a practical rucksack that keeps everything dry and organised, whilst still being comfortable.

What to look for

- Get a rucksack that's the right size to hold all your expedition kit. The DofE recommends at least 60L for Bronze expeditions. Silver and Gold expeditions may need a 70L rucksack.
- Find a rucksack that is the right size for you. Vango make a shorter back system for a comfortable fit for smaller participants.
- Try out packing your rucksack before your expedition. This allows you to check you have everything and that it will fit in the rucksack properly.
- For more advice on rucksacks, visit [DofE.org/shopping/kit-guide](https://www.dofe.org/shopping/kit-guide)

Save on your expedition kit with our DofE Recommended Retailers

GO Outdoors | Blacks | Millets | Ultimate Outdoors | Tiso

Join Vango Tribe for the chance to win a £50 voucher [vango.co.uk/tribe](https://www.vango.co.uk/tribe)

Walking boots

Tips for buying your expedition walking boots

———— DofE recommends: Hi-Tec Aysgarth Mid WP ————



waterproof, breathable
membrane keeps feet dry

Walking boots
provide support
and stability

M-D Traction outsole
improves grip walking
both up and downhill

Abrasion resistant heel
and toe cap protects
against rough terrain



Owning a pair of waterproof, durable and comfortable walking boots is important for the success of your expedition – especially if it is on foot.

What to look for

- You should look for a boot that is fully waterproof and breathable, which offers protection and strong support for your feet and ankles.
- DofE recommended walking boots are engineered to be instantly comfortable. However, be sure you buy your boots way ahead of your expedition so you can break them in. This will reduce any rubbing and improve comfort.
- Clean your boots regularly to improve their longevity after your expedition. Treating them before and after expedition will mean they will last longer. Leave them to dry naturally.
- For more advice on walking boots, visit [DofE.org/shopping/kit-guide](https://www.dofe.org/shopping/kit-guide)

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Walking socks

Tips for buying walking socks

DofE recommends:
Bridgedale HIKE Lightweight Merino Performance socks



Wearing proper walking socks will make your boots more comfortable and reduce the risk of blisters.

What to look for

- You should never wear standard or all cotton socks on expedition as they can cause blisters.
- The best walking sock for you depends on the type of footwear you'll be wearing.
- For thick leather boots, more protection around the toe of the sock offers warmth and padding.
- For a lighter weight boot, a lighter weight walking sock may be an option.
- Bridgedale socks have padded areas that act as a cushion on key areas of your feet which are prone to get tired or sore.
- Find out more about walking socks at DofE.org/shopping/kit-guide

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Visit bridgedale.com/features/socksup/ to
support their #SocksUp campaign



CRAGHOPPERS

Our waterproofs partner

Waterproofs

Tips for buying expedition waterproofs



———— DofE recommends: Craghoppers Horizon Jacket ————



Whatever the weather, you should take a waterproof jacket and waterproof trousers with you on your expedition.

What to look for

- Make sure you have a lightweight jacket which is both waterproof and breathable.
- An adjustable hem will provide a good fit and reflective detailing is a useful safety feature.
- Waterproof overtrousers are designed to be worn over walking trousers.
- With the unpredictable UK weather, Craghoppers' waterproof clothing will protect you from the rain, wind and cold when you're out on expedition.
- For more advice on waterproofs, visit DofE.org/shopping/kit-guide

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To explore the full range
visit craghoppers.com



CRAGHOPPERS

Our technical
clothing partner

Technical Clothing

Tips for buying technical clothing



———— DofE recommends: Strata Fleece Jacket ————



Layers of lightweight, fast drying clothing, which are closer fitting and breathable, work best under a waterproof jacket to keep you warm and dry.

What to look for

- For warmth, add an insulating fleece as your mid layer.
- Functional pockets are perfect to stash easy to reach essentials for the expedition – such as sweets and snacks.
- A technical t-shirt draws away moisture from your body which will keep you cool and dry.
- On expedition we recommend walking trousers in a comfortable fabric – no jeans.
- For more advice on technical clothing, visit DofE.org/shopping/kit-guide

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To explore the full range
visit craghoppers.com

Sleeping bags

Tips for buying your sleeping bag

———— DofE recommends: Vango Latitude sleeping bag ————



Getting a good night's rest will really help on expedition. Having a sleeping bag that keeps you warm, whilst still maintaining breathability, is important. Sleeping bags come in seasons – 1 or 2 = summer, 3 = spring/autumn, 4 = winter.

What to look for

- All DofE recommended Vango sleeping bags come with a compression stuff sack to reduce the pack size.
- Always pack your sleeping bag inside your rucksack and never strap it to the outside of your rucksack.
- Pack it into a waterproof stuff sack to provide extra protection.
- A mummy-shaped sleeping bag with a hood helps keep warm air from your body close to you when the temperature gets colder.
- For more advice on sleeping bags, visit [DofE.org/shopping/kit-guide](https://www.dofe.org/shopping/kit-guide)

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Join Vango Tribe for the chance to win a £50 voucher [vango.co.uk/tribe](https://www.vango.co.uk/tribe)

First aid and accessories

Tips for buying your adventure accessories

DofE recommends:

Lifesystems Trek First Aid Kit, Head Torch, SoftFibre Lite Towel, Dry Bag 5L



Keeping kit lightweight and dry is key for any expedition. Every gram counts, so it's important to invest in items that are reliable and compact.

What to look for

- Check your first aid kit before you head out on expedition. Make sure all contents are there and clearly labelled. Add additional items you may need e.g. hayfever tablets.
- A head torch is vital for finding kit in your rucksack when it's dark and for calls of nature in the night.
- Group and pack kit into separate dry bags to keep everything waterproofed and organised.
- Invest in a technical lightweight towel with high absorbency that dries faster and packs smaller than conventional towels.
- For more advice on first aid and accessories, visit DofE.org/shopping/kit-guide

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For full information and the whole range of adventure accessories visit lifesystems.co.uk/products/duke-of-edinburgh-award

Expedition food

Tips for buying your expedition food

———— DofE recommends: Wayfayrer food ————

Ready to eat
hot or cold

Tough, resistant
packaging that won't
split in your rucksack

Balanced, nutritional
meals that taste great

To serve hot: place
unopened pouch in boiling
water for 7-8 minutes



Having nutritional and filling meals throughout the day is important to keep your energy levels up during your expedition. Have something to look forward to by choosing meals you know you will enjoy, such as All Day Breakfast or Spaghetti Bolognese.

Expedition food pouches are good for breakfast or journeying, rather than for main meals, where cooking in a team is beneficial to the participants.

Tips for expedition meals

- Try to plan meals your whole team can share. Split the ingredients, cost, packing and effort between your team.
- Choose food that is high in sugars, carbohydrates and fats.
- Pack plenty of snacks to graze on.
- Make sure to take a spork or spoon with you to eat your meals easily.
- Remember to take all your rubbish home with you – leave no trace.
- For more advice on expedition food, visit DofE.org/shopping/kit-guide

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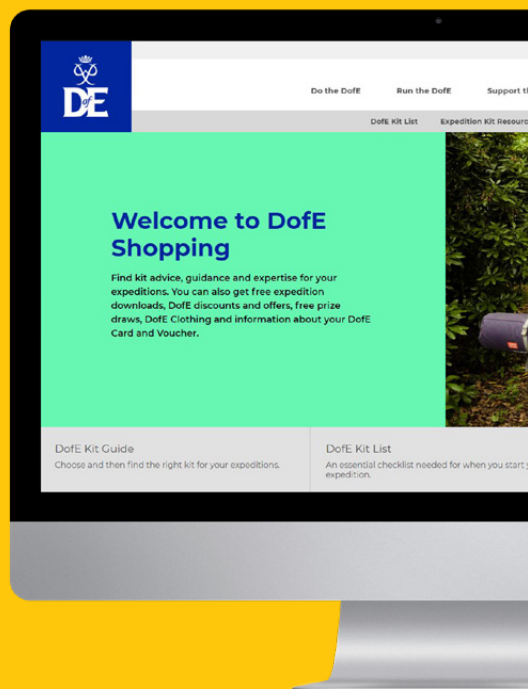
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**To see the whole range of expedition food,
visit vango.co.uk**

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- Exclusive discounts
- Content and offers from hand-picked partners



Official DofE Clothing

Choose from DofE branded hoodies, polos, t-shirts and more. Prices start from £8.99.

Personalise from only £3.

All purchases generate a donation to the DofE charity.

See the full range at shop.DofE.org



Boot and rucksack fitting

THE DofE RECOMMENDED RETAILERS FOR EXPEDITION KIT ARE HERE
TO HELP KIT YOU OUT FOR ALL YOUR DofE ADVENTURES



They offer a wide range of outdoor clothing and equipment for expeditions in over 200 stores nationwide and online.

All DofE participants are different, and expedition needs vary by Award level, time of year and location. As two essential kit purchases, it is important to get your walking boots and rucksack fitted to you. Speak with the staff in our DofE Recommended Retailers who can offer advice and a free fitting service.



Boot fitting

Finding the right boot is an essential part of preparing for your expedition. Buy your walking boots early so you have time to break them in and for the best comfort on your expedition.

Go in store to try out and test your new boots on the in-store slopes and dips.



Rucksack fitting

Making sure your rucksack fits properly is really important to avoid getting aches in your back and shoulders.

Expert staff can help you find the right rucksack for your height and build and adjust it to the correct size so it is fitted correctly and comfortably on you.

Find your nearest store at [DofE.org/shopping/storefinder](https://www.dofe.org/shopping/storefinder)