



DofE EXPEDITION EQUIPMENT

LIST 2026

Regardless of your past experiences, this equipment is the minimum required for DofE expeditions undertaken with Chase Training Solutions and is based on the recommendations of the DofE. Things highlighted in **RED are Mandatory**

To Wear Walking

- ☐ 1 x pair Walking Boots (broken in) and can take spare laces if needed
- ☐ 1 x pair Walking Socks
- ☐ 1 x pair Thin Socks / Sock Liners (optional)
- ☐ 1 x Thermal Top or T-shirt
- ☐ 1 x Microfleece / Sweater
- ☐ 1 x Walking Trousers (warm; NOT jeans)

Personal Kit (To Carry)

- ☐ 1 x Large Rucksack (minimum 65 litre capacity or larger)
- ☐ 1 x Rucksack Liner (or 2 x strong, large plastic bags)
- ☐ 1 x Sleeping Mat (Roll mat)
- ☐ 1 x Sleeping Bag (warm enough for type of season- pref 3 season)
- ☐ 1 x Waterproof Bag (Dry Store Bag) (for storing sleeping bag and other items)
- ☐ 1 x Sleeping Bag Liner (optional)
- ☐ 1 x Personal First Aid Kit (small with their own medication)
- ☐ 1 x Whistle (one normally on rucksack already)
- ☐ Min 3 x Bin bags
- ☐ 1 x Notebook and Pen / Pencil (making notes for presentation or for emergency situations)
- ☐ 1 x Head Torch (can bring spare batteries)
- ☐ 1 or 2 large Water bottles (enough for 2 litres as a minimum)
- ☐ 1 x Knife, Fork, Spoon set / Spork
- ☐ 1 x Small Wash Kit
- ☐ 1 x Small Towel
- ☐ Antibacterial Hand Sanitizer Gel (optional)
- ☐ Small quantity of money (optional)
- ☐ 1 x Plate, Bowl, Mug set if needed (optional)
- ☐ Vinyl Gloves (optional)
- ☐ Sunglasses (optional)
- ☐ Face Masks (optional)
- ☐ 1 x Insect Repellent (optional)

Personal Kit (To Carry) - Continued ...

- ☐ 1 x Waterproof and Windproof Jacket
- ☐ 1 x Waterproof Over-trousers
- ☐ 1/2/3/4 x pairs Underwear (depending on level)
- ☐ 1/2/3/4 x pairs Walking Socks (depending on level)
- ☐ 1/2/3/4 x Thermal Tops or T-shirts (depending on level)
- ☐ 1/2/3/4 spare Microfleece / Sweater (depending on level)
- ☐ 1/2/3/4 spare Walking Trousers (warm; NOT jeans)
- ☐ Toilet paper (not wipes)
- ☐ Food (small & lightweight) – PREF Boil in the bag or dehydrated (no mess and easy to cook)
- ☐ 1 x pair of Trainers / alternative Footwear (optional)
- ☐ 1 x warm Hat like a beanie (optional depending on time of year)
- ☐ 1 x pair warm Gloves (optional depending on time of year)
- ☐ 1 x pair Shorts (optional and if appropriate)
- ☐ 1 x Sunhat (optional)
- ☐ 1 x bottle of Sun Cream (optional depending on time of year)
- ☐ 1 x pair Gaiters (optional)

Team Kit to carry

You will still need to have certain items to carry as a team to ensure everybody's safety while on expedition. Should an accident occur, or a problem arise, you will have enough equipment to stay self-sufficient as a team.

The following items are the minimum we expect you to carry as a team. (You will need to discuss this with your team)

- ☐ 2-3 tents ensuring all participants can camp out or get shelter in an emergency
- ☐ 2-3 x Camping Stoves (& fuel, in a safe container)
- ☐ Min 2 Compass (Silva / Recta type)
- ☐ 2x Survival Bags (only needed depending on the terrain and the level of award) ALL GOLD TEAMS AND MAYBE SILVER) (min 2 per team)
- ☐ 2-3 x Cooking Pots (if not incorporated in stove e.g. Trangia)
- ☐ OS Map of the area (The school or Chase Training Solutions will provide these)
- ☐ 2 x Map Cases (optional)
- ☐ 1 or 2 xScourers & Washing up materials
- ☐ 1 or 2 x Tea Towels
- ☐ Toilet paper (not wipes)
- ☐ 2 x box of Matches or long nose lighters (sealed in a dry container or bag)
- ☐ 2x Watch (min 2 in the team)
- ☐ Min 2 x emergency phones (sealed in waterproof bag)