



LIVE LIFE ADVENTURE

This list is a GUIDE to the items you may need when doing a DofE expedition.

CLOTHING

Outerwear

Jacket/coat - waterproof and windproof
Waterproof over-trousers
Warm hat and sunhat
1 pair of gloves

Essential for all expeditions - even in the summer, the evenings can be cold and you might need a beanie type hat and gloves to keep warm

Sets of clothes in proportion to the number of days you are away

Underwear
Base layers
T-shirts
Trousers or shorts
Fleece tops or similar

Quick-dry sports clothing or technical walking clothing, no jeans or heavy cotton joggers

FOOTWEAR

FOR EXPEDITIONS ON FOOT

Walking boots (broken in)
Walking socks
Sock liners or thin socks as a second pair

FOR THE CAMPSITE

Comfortable enclosed shoes
In addition, you may bring flip flop type shoes for the evenings

Footwear must be worn at all times on campsite, enclosed shoes must be worn playing games

FOR EXPEDITIONS ON WATER

Old trainers (they will get wet)
Beach shoes / Crocs / flipflops are not suitable

PERSONAL ITEMS

Torch
Watch
Insect repellent
Sunblock (factor 50)
Sunglasses

Wash kit
Small lightweight towel

*Showers not available on all campsites
Electronic items not advisable and taken at own risk*



LIVE LIFE ADVENTURE

AT THE CAMPSITE

FOR SLEEPING

Sleeping bag
Sleeping mat

FOR COOKING (share between team)

Sufficient food for duration of expedition
Box of matches (in waterproof container)
Scourers, tea-towels, washing up liquid

FOR EATING / DRINKING

Plate/bowl
Cutlery
Rigid water bottle – at least 2 litres
Cup/mug

PACKING

FOR EXPEDITIONS ON FOOT

Rucksack
Small dry bags to organise kit

Rucksack should be fitted to you, nothing attached externally, leave space inside for your share of team kit

FOR EXPEDITIONS ON WATER

Holdall
Small dry bags to organise kit

You will have time to transfer your kit to large dry bags or barrels. Your holdall will stay in the trailer

PROVIDED FOR YOUR TEAM BY YOUR SCHOOL OR LIVE LIFE ADVENTURE

Tents
Camping stoves
Fuel for the camping stove
Cooking pans

Maps
Compasses
Small first aid kit
Survival bag

AVAILABLE TO HIRE FROM LIVE LIFE ADVENTURE

Please contact us on DofE@livelifeadventure.co.uk if you would like to hire any of the following:

- Rucksack
- Sleeping bag
- Sleeping mat

You can save at least 10%, or more, with your DofE Card at many retailers, just ask at the checkout. Your card was in your DofE Welcome Pack or download your personalised Digital DofE Card from eDofE or the DofE app. Go to DofE.org/shopping/card for full details.