

TGAS DofE recommended kit list 2019-2020

* Items may be borrowed from the DofE store cupboard.

Clothing	Check
Boots with ankle support	
Trainers / sandals (optional)	
Socks	
Underwear	
Walking Trousers	
Walking shirt/t-shirt	
Warm jumper polar fleece jacket	
Warm headwear / Sun hat	
Mitts or gloves	
Waterproof over jacket	
Waterproof over trouser	
Personal and Emergency Equipment	
Map (provided by TGA)	
Water proof Map bag	
Watch	
Torch (with spare bulb and batteries)	
Emergency food rations (1000 Calories)	
Food (3000-5000 Calories per day)	
Spare clothing (spare socks, underwear, trousers and fleece/jumper)	
Mobile phone (1 per group)	
Personal medication	
Personal Camping Equipment	
Rucksack *	
Rucksack Liner	
Sleeping bag (inner sheet lining optional)	
Sleeping mat *	
Toiletries (soap, towel, toothbrush, toilet paper)	
Mug and plate	
Knife, fork and spoon	
Water bottle (2 Litre min)	
Whistle	
Group Equipment	
Compass 2 per group *	
Bivvy bag (large poly bag) 1 per tent group	
Tent *	
Trangia meths stove *	
Fuel (meths) *	
Cleaning materials (scouring pad, detergent)	
Matches (in a waterproof container)	
Tin opener (if required)	
First Aid kit	
Toilet paper	

Please see <https://www.dofe.org/shopping/dofe-expedition-kit-list/> for DofE full kit list