

15 Top Tips for your DofE Expedition

Equipment

1. Your rucksack size should be between 55 and 75 litres.
2. Make sure your boots are waterproof and fit before arriving for the expedition.
3. Bring the appropriate clothing for the weather (Woolly hat or sun hat?)
4. Bring alternative footwear for the campsite (You will **NOT** be allowed to walk around camp bare foot or in socks!)
5. You need to be able to carry 2 litres of water in bottles or a hydration pouch

Food

1. Plan and cook your meals as a team.
2. Remove any excess packaging from your food before you leave home.
3. Avoid glass jars as these are heavy to carry.
4. Don't bring fresh meats or items which would usually be kept in a fridge.
5. Bring some washing up equipment within your team.

Packing your rucksack

1. Waterproof everything using plastic bags, bin bags etc.
2. Ensure you have space in your rucksack for Team Equipment (Tent, Cooker etc.) which will be given to you at the start location of the expedition.
3. Everything, other than a sleeping mat **MUST** go inside your rucksack.
4. Pack items such as sleeping bag and spare clothes at the bottom of your rucksack as you will not need these until you get to camp.
5. Remember! Waterproof everything using plastic bags, bin bags etc.