

# How to pack your DofE rucksack

Get more tips at [DofE.org/shopping/expedition-kit](https://DofE.org/shopping/expedition-kit)

## Liner

Use a dry bag or rubble sack to line your rucksack keep everything dry.

**Lifeventure Dry Bag**



## Sun protection

Store in a sealable bag to avoid leakage and keep near the top or in a pocket to regularly reapply.

**Lifesystems Mountain Factor Sun Protection**



## Fuel

Double-bag fuel canisters in a sealable bag and store vertically to avoid spillage.

**Trangia Fuel Bottle**



## Waterproof jacket and trousers

Pack your bag in the order you will want your kit. Remember last in first out.

**Craghoppers Horizon Jacket and Ascent Over Trousers**



## Head torch

Pack evening essentials such as batteries or chargers together so you can find them easier in the dark.

**Lifesystems Intensity 155 Head Torch**

## Survival bag

Use up any gaps to help keep kit stable in the bag.

**Lifesystems Survival Bag**



## Stove

Clean and dry thoroughly, then place close to your back to maintain your centre of gravity.

**Trangia 25-1UL Stove**

## Mid layers

Fleeces are lightweight and dry quickly. Keep near the top as temperatures can change quickly.

**Craghoppers Strata Hooded Jacket**



## Tent

Ensure the heaviest kit is close to your back and balanced on each side.

**Vango Banshee 300**



## Sleeping mat

Try to get all your kit inside your bag. If you have a large roll mat, you can tie it securely to the outside.

**Vango Trek sleeping mat**



## Spare clothing

Push spare clothes to the bottom of the rucksack to fill the space available.

**Craghoppers Fusion Base T-Shirt**



## Lunch/food

Bag each meal separately to help ration your food. Pack your lunch at the top and have snacks to hand for extra energy boosts.

**Wayfayrer Expedition Food**



## Sleeping bag

Keep your sleeping bag dry by placing inside a waterproof bag inside your rucksack.

**Vango Latitude**



## Socks

Always take at least two pairs of socks and ideally one set for each day. Pack to keep dry.

**Bridgedale Hike Midweight Performance Boot Socks**

**DofE Buff**



## Towel

**Lifeventure Travel Towel**

## Eating/drinking

Plastic or titanium camping gear are lightweight, won't break and easy to clean.

**Lifeventure Ellipse mug and bowl**



## First Aid

Keep your first aid kit in the same place and easy to hand. Store small items you might need during the day in the top.

**Lifesystems Trek First Aid Kit**

## Rucksack

Make sure your rucksack transfers the weight of your kit to your hips and not on your shoulders.

**Vango Sherpa 60:70**



## Wash kit

**Lifeventure wash bag**

More advice on how to save weight and waterproof your kit, as well as the official DofE Expedition Kit List, can be found at [DofE.org/shopping](https://DofE.org/shopping)

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