HOW TO PACK YOUR DofE RUCKSACK

RECOMMENDED KIT

GET MORE TIPS AT WWW.DofESHOPPING.ORG/EXPEDITION-KIT.

LINER

- Line your rucksack with a rucksack liner or strong rubble sack to keep everything dry.

LIFEVENTURE DRISTORE ROLL TOP BAGS

LUNCH/FOOD

- Bag each meal separately so you ration your food properly and pack your lunch for the day at the top to get at it quickly in case it is raining.

BEYOND THE BEATEN TRACK MAIN MEAL

TOP COMPARTMENT

- Put in all the small items of kit you'll need during the day.

WATERPROOFS, HAT & GLOVES

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

CRAGHOPPERS REACTION LITE JACKET

WASH KIT

- Group and pack all kit into separate dry bags so you can find what you need quickly.

LIFEVENTURE WASH HOLDALL

SURVIVAL BAG

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

LIFESYSTEMS SURVIVAL BAG

TRANGIA

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

TRANGIA 25-1UL STOVE

FUEL

- Store fuel and water vertically and double bag fuel canisters.

TRANGIA FUEL BOTTLE 1L

SLEEPING/ROLL MAT

- Try to get all your kit inside your bag. If you have a large roll mat, make sure it is securely tied to the outside of your bag.

VANGO TREK COMPACT SELF INFLATING SLEEPING MAT

FLASK

- Ensure you have enough water to stay hydrated. Must be easy to get to.

LIFEVENTURE TRITAN FLASK1L

TENT

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

VANGO PULSAR 300

CLOTHES

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

CRAGHOPPERS VITALISE BASE T-SHIRT

SOCKS

BRIDGEDALE WOOLFUSION TREKKER

SLEEPING BAG

- Always put your sleeping bag inside another waterproof bag, do all you can to keep your sleeping bag dry.

VANGO STRATOS

COOKING/CAMPCRAFT KIT

- The total weight of your bag should not be more than 25% of your body weight.

LIFEVENTURE TITANIUM MUG & BOWL

USE YOUR DofE REWARD CARD FOR
15% DISCOUNT* AT COTSWOLD OUTDOOR

IN STORE OR ONLINE | 20% OFF FOR DofE LEADERS

MORE ADVICE ON HOW TO SAVE WEIGHT AND WATERPROOF YOUR KIT, AS WELL AS THE OFFICIAL DofE KIT LIST, CAN BE FOUND AT DofESHOPPING.ORG/EXPEDITION-KIT

COTSWOLD outdoor

FIND EVERYTHING FOR YOUR NEXT EXPEDITION AT COTSWOLDOUTDOOR.COM OR VISIT ONE OF THEIR STORES NATIONWIDE.
KIT ITEMS SHOWN ARE EXAMPLES ONLY. ALWAYS FOLLOW THE ADVICE AND TRAINING OF YOUR DofE EXPEDITION SUPERVISOR.

*Visit www.dofeshopping.org/reward-card

JAN 2015