

DUKE OF EDINBURGH AWARD

Information Pack for Parents and Participants



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Welcome to the Duke of Edinburgh's Award!

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What is the Duke of Edinburgh's Award?

The Duke of Edinburgh's Award (DofE) is a nationally recognised programme that encourages young people to challenge themselves, develop new skills, and grow in confidence. It's open to anyone aged 14–24 and is highly valued by employers, colleges, and universities.

Benefits of Taking Part

Participating in the DofE Award helps young people to:

- Build confidence, resilience, and independence
- Learn teamwork, communication, and leadership skills
- Discover new interests and talents
- Develop a sense of responsibility and community
- Gain a recognised and respected award for CVs, college, or job applications
- Have fun, make new friends, and experience adventure!

How the Award works

The Duke of Edinburgh Award is broken down into four sections. Volunteering, Physical and Skills activities and The Expedition.

The duration of each section is different for the level of award being obtained, these are shown later in the booklet.

You must do your chosen activities for the Volunteering, Physical and Skills sections for an average of one hour a week over the specified number of months.

Volunteering:

This is all about making a difference by helping others, the environment, animals or your local community. You could choose to work with charities and non-profit organisations. If your employer or university has an adopted charity or a not for profit society you could get involved there.

Skills:

Discover something that you're really good at. Maybe you can get better at something you already do, like playing a musical instrument, fine art, or learn something new like designing a website or learning to drive. It could be a skill related to enhance your current work. The sky's the limit.

Physical:

This is a chance to focus on your health and fitness and have fun along the way. Improve your fitness, health and well-being or have dance classes, it can be with a team or on your own. Set your own challenge and be the best you can be.

Expedition:

As part of a small team, you'll have an unforgettable experience getting to grips with the great outdoors. You'll improve your navigation, communication and leadership skills and take a rucksack of memories home with you.

Bronze Award Requirements (Age 14+)

Participants complete four sections over a minimum of **6 months**:

Section	Time Requirement	Description
Volunteering	3 months	Give your time to help others or your community.
Physical	3 months	Take part in a sport, dance, or fitness activity.
Skills	3 months	Develop a personal interest, hobby, or practical skill.
Expedition	2 days, 1 night	Plan and complete a self-sufficient adventure journey.

One of the Volunteering, Physical, or Skills sections must be extended to **6 months**.

Silver Award Requirements (Age 15+)

If participants have not completed Bronze, they must do slightly longer time commitments.

Section	Time Requirement (Direct Entrant)	If Bronze Completed
Volunteering	6 months	6 months
Physical	6 months	3 months
Skills	6 months	3 months
Expedition	3 days, 2 nights	3 days, 2 nights

One of the Volunteering, Physical, or Skills sections must be extended to **an additional 6 months** if not progressing directly from Bronze.

Using eDofE: Your Online Record Book

All participants use **eDofE**, the official DofE online system, to record progress.

An ideas list provided by the Duke of Edinburgh Award scheme for each section can be found in the appendix at the booklet.

We would advise you to discuss your thoughts on what you like to do in order to complete each section so that we can ensure you have the right support in place for you to achieve the award as well as verify that it meets the requirements.

We would also advise utilising school enrichment activities to complete the physical, skills and volunteering sections of the award.

Getting Started

1. You'll receive an email invite once registered.
2. Log in at www.edofe.org.
3. Set up your **profile** and **choose your activities** for each section (get them approved by your DofE Leader before starting).

Logging Your Progress

- Upload photos, evidence, or short notes showing your activity and progress.
- Update regularly — it helps your Leader keep track and support you.

Submitting for Approval

- Once a section is complete, mark it as “Submit for approval.”
- Your **Assessor’s Report** must be uploaded or submitted through the DofE website.

Assessor Guidelines

Assessors verify and comment on a participant’s commitment and progress in each section.

Assessors must:

- Be **independent** (not family members or close friends).
- Have experience or knowledge of the activity.
- Be over **18 years old**.
- Provide a **short written report** confirming the participant has met the required time and aims.

How to complete an assessor’s report:

1. Visit www.dofe.org/assessor.
2. Complete the online report form with the participant’s details.
3. Submit directly to DofE — it will automatically appear in the participant’s eDofE account.

Expedition Information

Participants will take part in both **training/practice** and **qualifying** expeditions as well as attending classroom based training throughout the year.

These are designed to teach skills such as:

- Map reading and navigation
- Teamwork and leadership
- Campcraft and outdoor cooking
- Safety and first aid

Students **MUST** attend both practice and qualifying expeditions for Bronze and Silver.

Practice expedition will be Wednesday 20th May to Friday 22nd May 2026. Qualifying

expedition will be Monday 29th June to Wednesday 1st July 2026.

Estimated Costs

In order to run the award scheme some costs will need to be charged, below is an estimation of costs for the various sections of the award.

Item	Estimated Cost	Notes
Award Registration Fee	£_____	Paid to DofE on enrolment
Practice Expedition	£_____	Includes training and camping costs
Qualifying Expedition	£_____	Includes supervision and assessment

Although the school has some expedition equipment participants will still need provide their own expedition equipment and food, a suggested list is also available in the appendix.

Key Points for Parents and Participants

- Activities **must be done regularly** (around 1 hour per week).
- All activities must be **pre-approved** by your DofE Leader.
- You cannot backdate activities — only count what you've done after approval.
- Expedition dates and details will be shared well in advance.
- Support is available throughout from your DofE Leader and staff team.

Next Steps

- ✓ Complete your registration form
- ✓ Pay your DofE enrolment fee
- ✓ Choose your activities and get approval
- ✓ Log in to eDofE and start your journey!

We're excited to support you as you begin this incredible adventure — the DofE Award is a fantastic opportunity to grow, challenge yourself, and make memories that last a lifetime.

Contact Information



Email:

 Phone:

 DofE Centre / School:



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Programme ideas: Volunteering section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a Volunteering section programme of your own.

You can find more information at DofE.org/volunteering and there is a range of exciting opportunities to help you complete this section at DofE.org/finder.

It's your choice...

Volunteering gives you the chance to make a difference

to people's lives and use your skills and experience to help your local community. You can use this opportunity to become involved in a project or with an organisation that you care about.

Help with planning

You can use the programme planner on the website to work with your Leader to plan and agree your activity before you start.

Before you begin, it is important to check that your volunteering meets the criteria for businesses and family members (see DofE.org/volunteering for the requirements).

Helping people

- ☐ Helping children
- ☐ Helping children to read in libraries
- ☐ Helping in medical services e.g. Hospitals
- ☐ Helping older people
- ☐ Helping people in need Helping people with special needs
- ☐ Tutoring
- ☐ Young carer
- ☐ Youth work

Working with the environment or animals

- ☐ Animal welfare Environment
- ☐ Rural conservation
- ☐ Preserving waterways
- ☐ Working at an animal rescue centre
- ☐ Litter picking
- ☐ Urban conservation
- ☐ Beach and coastline conservation
- ☐ Zoo/farm/nature reserve work

Coaching, teaching and leadership

- ☐ Dance leadership
- ☐ DofE Leadership
- ☐ Group leadership
- ☐ Head student
- ☐ Leading a voluntary organisation group
 - Girls' Venture Corps
 - Sea Cadets
 - Air Cadets
 - Jewish Lads' and Girls' Brigade
 - St John Ambulance
 - Scout Association
 - Air Training Corps
 - Volunteer Cadet Corps
 - Army Cadet Force
 - Boys' Brigade
 - CCF
 - Church Lads' & Girls' Brigade
 - Girlguiding UK
 - Girls' Brigade
- ☐ Sports leadership
- ☐ Music tuition

Community action & raising awareness

- ☐ Campaigning
- ☐ Cyber safety
- ☐ Council representation
- ☐ Drug & alcohol education
- ☐ Home accident prevention
- ☐ Neighbourhood watch
- ☐ Peer education
- ☐ Personal safety
- ☐ Promotion & PR
- ☐ Road safety

Helping a charity or community organisation

- ☐ Administration
- ☐ Being a charity intern
- ☐ Being a volunteer lifeguard
- ☐ Event management
- ☐ Fundraising
- ☐ Mountain rescue
- ☐ Religious education
- ☐ Serving a faith community
- ☐ Supporting a charity
- ☐ Working in a charity shop



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Programme ideas: Physical section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. Many of the DofE programme activities can be adapted to meet the needs of young people with disabilities and some, referred to as adapted sports, are unique to disabled people.

This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a physical programme of your own.

You can find more information at DofE.org/physical

and there is a range of exciting opportunities to help you complete this section at DofE.org/finder.

It's your choice...

Doing physical activity is fun and improves your health and physical fitness. There's an activity to suit everyone so choose something you are really interested in.

Help with planning

You can use the programme planner on the website to work with your Leader to plan and agree your activity before you start.

Individual sports

- ☐ Airsoft
- ☐ Archery
- ☐ Athletics (any field or track event)
- ☐ Biathlon/Triathlon/
- ☐ Pentathlon/
- ☐ Aquathlon
- ☐ Bowls
- ☐ Boxing
- ☐ Croquet
- ☐ Cross country running
- ☐ Cycling
- ☐ Fencing
- ☐ Geocaching
- ☐ Golf
- ☐ Gymnastics
- ☐ Horse riding
- ☐ Modern pentathlon
- ☐ Motocross
- ☐ Orienteering
- ☐ Paintballing
- ☐ Pétanque
- ☐ Roller blading
- ☐ Roller skating
- ☐ Running
- ☐ Static trapeze
- ☐ Supercross
- ☐ Ten pin bowling
- ☐ Trampolineing
- ☐ Wheelchair fencing
- ☐ Wrestling

Water sports

- ☐ Canoeing
- ☐ Diving
- ☐ Dragon Boat Racing
- ☐ Free-diving
- ☐ Kite surfing
- ☐ Kneeboarding
- ☐ Rowing & sculling
- ☐ Sailing
- ☐ Skurfing
- ☐ Sub aqua (SCUBA diving & snorkelling)
- ☐ Surfing/body boarding
- ☐ Swimming
- ☐ Synchronised swimming
- ☐ Underwater rugby
- ☐ Wakeboarding
- ☐ Windsurfing

Dance

- ☐ Ballet
- ☐ Ballroom dancing
- ☐ Belly dancing
- ☐ Bhangra dancing
- ☐ Ceroc
- ☐ Contra dance
- ☐ Country & Western
- ☐ Flamenco
- ☐ Folk dancing
- ☐ Jazz
- ☐ Line dancing
- ☐ Morris dancing
- ☐ Salsa (or other Latin styles) dancing

- ☐ Scottish/Welsh/Irish dancing
- ☐ Street dancing/ breakdancing/ hip hop
- ☐ Swing
- ☐ Tap dancing

Racquet sports

- ☐ Badminton
- ☐ Maktot
- ☐ Racketball
- ☐ Racketon/Rackets
- ☐ Rapid ball
- ☐ Real tennis
- ☐ Squash
- ☐ Table tennis
- ☐ Tennis
- ☐ Wheelchair tennis

Fitness

- ☐ Aerobics
- ☐ Fitness classes
- ☐ Gym work/Medau movement
- ☐ Physical achievement
- ☐ Pilates
- ☐ Running/jogging
- ☐ Walking
- ☐ Weightlifting
- ☐ Wi-fit
- ☐ Yoga

Extreme sports

- ☐ BMX
- ☐ Caving & potholing
- ☐ Climbing
- ☐ Free running (parkour)
- ☐ Ice skating Mountain biking Mountain unicycling
- ☐ Parachuting
- ☐ Skateboarding
- ☐ Skydiving
- ☐ Snow sports (skiing, snowboarding, snowkiting)
- ☐ Speed skating
- ☐ Street luge

Martial arts

- ☐ Aikido
- ☐ Capoeira
- ☐ Ju Jitsu
- ☐ Judo
- ☐ Karate
- ☐ Kendu
- ☐ Mixed martial arts
- ☐ Self-defence
- ☐ Sumo
- ☐ Tae Kwon Do
- ☐ Tai Chi

Team sports

- ☐ American football
- ☐ Baseball
- ☐ Basketball
- ☐ Boccia

- ☐ Camogie
- ☐ Cheerleading
- ☐ Cricket
- ☐ Curling
- ☐ Dodge disc
- ☐ Dodgeball
- ☐ Fives
- ☐ Football
- ☐ Frame football/Futsal
- ☐ Gaelic football
- ☐ Goalball
- ☐ Handball
- ☐ Hockey
- ☐ Hurling
- ☐ Ice hockey
- ☐ Kabaddi
- ☐ Korfball
- ☐ Lacrosse
- ☐ Netball
- ☐ Octapushing
- ☐ Polo
- ☐ Quadball
- ☐ Roller derby
- ☐ Rogaining
- ☐ Rounders
- ☐ Rugby (junior/League)
- ☐ Sitting Volleyball
- ☐ Sledge hockey
- ☐ Sledge ice hockey
- ☐ Softball
- ☐ Stoolball
- ☐ Tchoukball
- ☐ Tug of war
- ☐ Ultimate flying disc
- ☐ Volleyball
- ☐ Wallyball
- ☐ Water polo
- ☐ Wheelchair basketball
- ☐ Wheelchair rugby



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Programme ideas: Skills section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a Skills programme of your own.

You can find more information at [DofE.org/skills](https://www.dofe.org/skills) and there is a range of exciting opportunities to help you complete this section at [DofE.org/finder](https://www.dofe.org/finder).

It's your choice...

Developing a skill helps you get better at something you are really interested in and gives you the confidence and ability to use this skill both now and later in life.

Help with planning

You can use the programme planner on the website to work with your Leader to plan and agree your activity before you start.

Performance arts

- ☐ Ballet appreciation
- ☐ Ceremonial drill
- ☐ Circus skills
- ☐ Conjuring & magic
- ☐ Majorettes
- ☐ Puppetry
- ☐ Singing
- ☐ Speech & drama
- ☐ Theatre appreciation
- ☐ Ventriloquism
- ☐ Yoyo extreme

Science & technology

- ☐ Aerodynamics
- ☐ Anatomy
- ☐ App design
- ☐ Astronomy
- ☐ Biology
- ☐ Botany
- ☐ Chemistry
- ☐ Coding/ programming
- ☐ Ecology
- ☐ Electronics
- ☐ Engineering
- ☐ Entomology
- ☐ IT
- ☐ Marine biology
- ☐ Oceanography
- ☐ Paleontology

- ☐ Physics
- ☐ Rocket making
- ☐ Taxonomy
- ☐ Weather/meteorology
- ☐ Website design
- ☐ Zoology

Care of animals

- ☐ Agriculture (keeping livestock)
- ☐ Aquarium keeping
- ☐ Beekeeping
- ☐ Caring for reptiles
- ☐ Dog training & handling
- ☐ Horse/donkey/llama/alpaca handling & care
- ☐ Looking after birds (i.e. budgies & canaries)
- ☐ Pet care – health/training/ maintenance
- ☐ Pigeon breeding & racing

Music

- ☐ Church bell ringing
- ☐ Composing
- ☐ DJing
- ☐ Handbell ringing
- ☐ Evaluating music & musical performances
- ☐ Improvising melodies

- ☐ Listening to, analysing & describing music
- ☐ Music appreciation
- ☐ Playing a musical instrument
- ☐ Playing in a band
- ☐ Reading & notating music
- ☐ Understanding music in relation to history & culture

Natural world

- ☐ Agriculture
- ☐ Conservation
- ☐ Forestry
- ☐ Gardening
- ☐ Groundsmanship
- ☐ Growing carnivorous plants
- ☐ Plant growing
- ☐ Snail farming
- ☐ Vegetable growing

Games & recreation

- ☐ Cards (i.e. bridge)
- ☐ Chess
- ☐ Clay target shooting
- ☐ Coxing
- ☐ Cycle maintenance
- ☐ Darts
- ☐ Dominoes
- ☐ Fishing/fly fishing
- ☐ Flying
- ☐ Gliding
- ☐ Go-karting

continued over...

- ☐ Historical period re-enacting
- ☐ Kite construction & flying
- ☐ Mah Jongg
- ☐ Marksmanship
- ☐ Model construction & racing
- ☐ Motor sports
- ☐ Power boating
- ☐ Snooker, pool & billiards
- ☐ Sports appreciation
- ☐ Sports leadership
- ☐ Sports officiating
- ☐ Table games
- ☐ War games

Life skills

- ☐ Alternative therapies
- ☐ Cookery
- ☐ Democracy in action
- ☐ Digital lifestyle
- ☐ Driving: car maintenance/car road skills
- ☐ Driving: motorcycle maintenance/road skills
- ☐ Event planning
- ☐ First aid – St John/St Andrew/BRCS
- ☐ Hair & beauty
- ☐ Learning about the emergency services
- ☐ Learning about the RNLI (Lifeboats)
- ☐ Library & information skills
- ☐ Life skills
- ☐ Massage
- ☐ Money management
- ☐ Navigation
- ☐ Public speaking and debating
- ☐ Skills for employment
- ☐ Young Enterprise

Learning & collecting

- ☐ Aeronautics
- ☐ Aircraft recognition
- ☐ Anthropology
- ☐ Archaeology
- ☐ Astronautics
- ☐ Astronomy
- ☐ Bird watching
- ☐ Coastal navigation
- ☐ Coins
- ☐ Collections, studies & surveys
- ☐ Comics
- ☐ Contemporary legends
- ☐ Costume study

- ☐ Criminology
- ☐ Dowsing & divining
- ☐ Fashion
- ☐ Forces insignia
- ☐ Gemstones
- ☐ Genealogy
- ☐ Heraldry
- ☐ History of art
- ☐ Language skills
- ☐ Military history
- ☐ Movie posters
- ☐ Postcards
- ☐ Reading
- ☐ Religious studies
- ☐ Ship recognition
- ☐ Stamp collecting

Media & communication

- ☐ Amateur radio
- ☐ Blogging
- ☐ Communicating with people who are visually impaired
- ☐ Communicating with people who have a hearing impediment
- ☐ Film & video making
- ☐ Journalism
- ☐ Newsletter & magazine production
- ☐ Signalling
- ☐ Vlogging
- ☐ Writing

Creative arts

- ☐ Basket making
- ☐ Boat work
- ☐ Brass rubbing
- ☐ Building catapults & trebuchets
- ☐ Cake decoration
- ☐ Camping gear making
- ☐ Candle-making
- ☐ Canoe building
- ☐ Canvas work
- ☐ Carnival/festival float construction
- ☐ Ceramics
- ☐ Clay modelling
- ☐ Crocheting
- ☐ Cross stitch
- ☐ DIY
- ☐ Dough craft
- ☐ Drawing
- ☐ Dressmaking
- ☐ Egg decorating
- ☐ Embroidery
- ☐ Enamelling

- ☐ Fabric printing
- ☐ Feng Shui
- ☐ Floral decoration
- ☐ French polishing
- ☐ Furniture restoration
- ☐ Glass blowing
- ☐ Glass painting
- ☐ Interior design
- ☐ Jewellery making
- ☐ Knitting
- ☐ Lace making
- ☐ Leatherwork
- ☐ Lettering & calligraphy
- ☐ Macramé
- ☐ Marquetry
- ☐ Model construction
- ☐ Mosaic
- ☐ Painting & design
- ☐ Patchwork
- ☐ Photography
- ☐ Pottery
- ☐ Quilting
- ☐ Rope work
- ☐ Rug making
- ☐ Soft toy making
- ☐ Tatting
- ☐ Taxidermy
- ☐ Textiles
- ☐ Weaving and spinning
- ☐ Wine/beer making
- ☐ Woodwork

EXPEDITION KIT LIST

updated September 2025
(replaces all previous versions)



This list is a GUIDE to the items you may need when doing a DofE expedition. We only recommend items that are suitable for DofE expeditions and good value for money. There is no obligation to buy the specific items we recommend. However, the DofE charity receives a royalty from sales of DofE Recommended Kit which helps to support our work with young people. Remember, your DofE Expedition Supervisor will have the final say on the suitability of the kit required for your expedition.

For more information read our free DofE Kit Guide at DofE.org/shop/dofe-expedition-kit-guide/ and visit DofE.org/shop/dofe-recommended-kit/

DofE Card

Save at least 10%, or more*, with your DofE Card at our five DofE Recommended Retailers: GO Outdoors, Blacks, Mallets, Ultimate Outdoors and Tiso.

- Participants and parents – 10% or more
- Leaders and volunteers – 15% or more

For details on how to sign up for your Digital and Physical DofE Card either:

- See information in your DofE Welcome Pack.
- Login to eDofE or the DofE app.
- Visit one of our recommended retailer stores.

*Terms and conditions apply. Go to DofE.org/shop/card/ for full details.

CLOTHING

Item Needed	Specific items we recommend	Got it	Packed it
1 pair of walking boots (broken in)	Hi-Tec Eurotrek Lite WP, Asgarth WP, Summit WP, V-Libe Explorer WP, Ravine WP, Raven Mid WP, V-Libe Reflex WP, Jackdaw WP, Bandera Expedition WP and Fuse Trek Mid WP		
2 pairs of walking socks	Bridgedale: HIKE range Men's and Women's: Midweight, Lightweight and Ultralight Merino Performance, Midweight and Lightweight Merino Comfort, Lightweight and Ultralight Coolmax Performance, Junior Merino Comfort		
2 pairs of sock liners (optional)	Bridgedale: LINERS Base Layer Coolmax Liner		
Jacket/coat (waterproof and windproof)	Craghoppers: Varth and Oasus Water proof Jackets		
Waterproof overtrousers	Craghoppers: Ascent Overtrousers		
2 fleece tops or similar	Craghoppers: Tarvos, Esk and Travos Hooded Jackets and Half Zip Fleece		
2-3 t-shirts (thermal optional)	Craghoppers: Charon or Ellie T-Shirt		
2 walking trousers (warm, HOT jeans)	Craghoppers: Brisk and Mimas Trousers and Alex Leggings		
1 pair of shorts (if appropriate)	Craghoppers: Brisk Shorts		
Underwear			
Nightwear			
Flipflops/sandals (optional for camp site use)			
Warm hat and/or sunhat (as appropriate)			
1 pair of gloves (if appropriate)			
1 pair of gaiters (optional)			

PERSONAL KIT

Item Needed	Specific items we recommend	Got it	Packed it
Rucksack	Vango: Contour, Sherpa, Summit and Denali Pro rucksacks		
Rucksack liner (or 2 strong plastic bags)	Lifeventure: Ultralight Dry Bags (2/5/10/15/25/35/55/75L) and Compression Sacks (5/10/15L)		
Sleeping bag	Vango: Nitestar, Latitude, Ultralite Pro, Olympus Pro, Zenith, Microlite, Stratos and Mantis		
Sleeping mat	Vango: Trek Pro, Single Trek, Dreamer mats		
Waterproof bag	Lifeventure: Ultralight Dry Bags, Stormlight Dry Bags		
Sleeping bag liner (optional)	Lifeventure: Cotton sleeping bag liners		
Whistle	Lifesytems: Safety, Echo, Hurricane whistles		
Torch (hand held/head torch and spare batteries)	Lifesytems: Intensity 580, Intensity 300 and Intensity 65 head torches		
Personal first aid kit	Lifesytems: Camping, Trek, Blister, Waterproof first aid kits. Visit DofE.org/shopping/safety		
Food (including emergency rations)	Waylayner: ready to eat expedition food Radox: dehydrated meals and breakfasts. Get advice at DofE.org/shopping/food		
Water bottle	Lifeventure: Tritan Flask (1000ml), Tritan Flip-Top Bottle (750ml), Tritan Bottle (650ml)		
Cutlery**	Lifeventure: Stainless steel, Ellipse, Titanium knife, fork and spoon sets		
Plate/bowl	Lifeventure: Stainless steel camping bowl, camping plate, Titanium plate, Ellipse plate, bowl, collapsible bowl		

Continued over...



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*This discretionary discount is not to be used in conjunction with any other offers or discounts. Please visit DofE.org/shopping/card/ for

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Item Needed	Specific items we recommend	Got it	Packed it
Mug	Lifeventure: Stainless steel, Titanium, Ellipse mugs		
Box of matches (in waterproof container)	Lifesytems: Stormproof matches		
Wash kit/personal hygiene items (some items could be shared as a group)	Lifeventure: Wash bag (small), All-purpose soap, Dry wash gel		
Sunblock	Lifesytems: Mountain 50 sunscreen, Mountain Combi Stick SPF50+		
Towel	Lifeventure: Recycled Soft Fibre Towel (large, x-large, giant)		
Small quantity of money (optional)			
Notebook and pen/pencil			
Watch			

GROUP KIT (To carry between the team)

Item Needed	Specific items we recommend	Got it	Packed it
Tent(s)	Vango Trek Tents: Nivia, Scaffold, Helvellyn, Nova, Banahaw Vango Trek Pro: Apex Compact, Apex Geo, Halo, Omega, Cairngorm, Braemar		
Camping stove(s)	Trangia: 25 and 27 series, Gas burner, Liquid fuel burner Vango: Folding gas stoves		
Camping stove fuel*** (in an appropriate and safe container)	Trangia: Fuel bottles (D 3/5/5/L)		
Cooking pans			
Scoopers			
Tin opener (if required)			
Tea towels			
Plastic bags (for rubbish etc.)			
Toilet paper and trowel			
Maps (£25 000/150 000)	Ordnance Survey: Explorer, Landranger maps (standard or weatherproof)		
Compass	Silva: Classic, Field, Ranger, Expedition 4 and Starter 123 compasses		
Map cases	Silva: Waterproof Map Case Medium, Waterproof Lite Map Case Medium		
Camera (optional)			
Tick remover (social on dependent - ask your supervisor)			
Survival bag	Lifesytems: Heatshield, Survival, Thermal bags, Thermal blankets		

ADDITIONAL OPTIONAL KIT (for you to consider)

Item Needed	Specific items we recommend	Got it	Packed it
Head/Neck scarf			
Hydration pack	Vango: 2L Hydration pack		
Storm shelter	Vango: Storm shelters		
Stove multidisc (adjusting board)	Trangia: Multidisc 25 series, Multidisc 27 series		
Pre-packed expedition food	Waylayer: ready to eat expedition food Rads: dehydrated meals and breakfasts		
Small pocket tool**			
After-sun cream			
Sunglasses			
Insect repellent	Lifesytems: Expedition 50 PRO and Expedition Natural insect repellents		
Stopwatch			
Waterproofing (pre-expedition)	Nikwax: Tech Wash Cleaner, TX.Direct Wash-in Reproofer, Footwear Cleaning Gel, Waterproofing Wax for Leather, Fabric and Leather Proof, Nubuck and Suede Proof, Tent and Gear Solarproof, Tent and Gear Solarwash		
String			
Spare boot laces			
Walking poles	Vango: Pico, Camino and Kasugi walking poles		
Mosquito net	Lifesytems: MicroNet Single Mosquito Net		
Light Sticks	Lifesytems: 15h Light Sticks, 8hr Light Sticks, Intensity Glow Marker		
Water purifying tablets	Lifesytems: Chlorine Dioxide tablets		

** It is against the law to sell a knife to anyone under the age of 18 (unless it has a manual folding blade less than 3 inches long) and to use any knife in a threatening way.

*** It is against the law to sell a substance with butane as a constituent part to any person under the age of 18.



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Registered Office: 1 Greyfriars Road, Reading, Berkshire, England, RG1 1NU