

How to pack your DofE rucksack

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Liner
Use a dry bag or rubble sack to line your rucksack to keep everything dry.
Lifeventure Dry Bags



Sun protection
Store in a sealable bag to avoid leakage and keep near the top or in a pocket to regularly reapply.
Lifesytems Mountain Factor Sun Protection



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



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 Overtrousers



Head torch
Pack evening essentials such as batteries or chargers together so you can find them easier in the dark.
Lifesytems Intensity 155 Head Torch



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



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.
Lifesytems Trek First Aid Kit



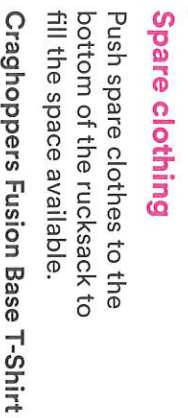
Wash kit
Lifeventure Wash Bag



Eating/drinking
Plastic or titanium camping gear are lightweight, wont break and easy to clean.
Lifeventure Ellipse Mug and Plate



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



Sleeping bag
Keep your sleeping bag dry by placing inside a waterproof bag inside your rucksack.
Vango Latitude Sleeping Bag



DofE Buff
BUFF® Original Headwear



Towel
Lifeventure Travel Towel

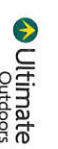


Lunch/food
Bag each meal separately to help ration your food. Pack your lunch at the top and have snacks to hand for extra energy boosts.
Wayfayrer Expedition Food

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

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

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