

# Waterproofing and weather protection

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## Rain and wind



### Waterproof jacket

A lightweight but waterproof jacket will keep out the rain and wind with waterproof zips and coatings.

**Craghoppers Horizon Jacket**

### Spare socks

Change into dry socks when arriving at camp. This will help prevent blisters.

**Bridgedale HIKE Midweight Merino Performance Boot Socks**



### Rucksack cover

Look for a rucksack with a detachable rain cover included in the base of the pack to keep your rucksack dry and aid visibility in low light. If your rucksack doesn't have a rain cover you will need to buy one.

### Waterproof overtrousers

Overtrousers with long zips and adjustable ankles can be put on quickly at the first sign of rain.

**Craghoppers Ascent Overtrousers**



### Sleeping bag

Pack your sleeping bag inside a waterproof bag in your rucksack to protect it from rain.

**Vango Latitude Sleeping Bag**



### Cleaning

Use a specially designed waterproof cleaner for wet weather clothing. Machine or hand wash.

**Nikwax Tech Wash**

### Proofing

Treat your tent, rucksack and other equipment with proofing to add water repellency, increase fabric strength and protect against UV deterioration.

**Nikwax Tent & Gear Solarproof**



### Dry bags

Keep your kit organised and dry. Pack similar kit together to make it easy to find, such as clothing or food.

**Lifeventure Dry Bags**



## Hot and cold

### Fleece

A full zip fleece is easy to put on and take off when the weather changes.

**Craghoppers Strata Hooded Jacket**



### Head/neckwear

Wick away moisture when it's hot and protect your neck from sunburn. When cold, headwear can protect your head and face from the wind and rain.

**BUFF® Original Headwear**



### Technical t-shirt

Look for fabrics that wick moisture away from your body, ideal for when you are hot and sweaty.

**Craghoppers Fusion Base T-Shirt**

### Sun cream

A sweat resistant high SPF sun cream will help protect you from UV rays. Reapply regularly throughout the day even in overcast conditions.

**Lifesystems Mountain Formula SPF50**



### Water bottle

Ensure you drink plenty of fluids frequently throughout the day, especially in hot weather. Take at least two litres with you per day.

**Vango Hydration Pack 2L  
Lifeventure Tritan Flask 1L**

## Survival



### Storm shelter

Enjoy lunch in a warm, dry place on a rainy day. For more extreme situations, the bright colour and reflective tape will make you more visible.

**Vango Storm Shelter**

### Survival Whistle

Attract attention and let others know your location in heavy fog, rain, or if you are in distress.

**Lifesystems Safety Whistle**



### Torch

Head torches leave both hands free to put boots on, tie tent strings and find kit in your bag.

**Lifesystems Intensity 155 Head Torch**



### Insect repellent

Protect against biting insects in all environments – especially ankles and lower legs.

**Lifesystems Expedition 50+ Insect Repellent**

More advice on eating on a DofE expedition, as well as the official DofE Expedition Kit List, can be found at [DofE.org/shopping](https://www.dofe.org/shopping)

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