

Who do you want to be?

OR



Kit

Make sure that you have got, or can borrow, all of the kit on the personal kit list. It is also worth looking at what's available in supermarkets as they often sell good value fleeces and gloves.

Practice packing your rucksack with everything you need. Fill your water bottle and put all of your clothes and waterproofs into your rucksack. On a hot day you will be carrying rather than wearing most of your clothes.

Ensure that your kit will stay dry by packing everything in plastic bags and using a rucksack liner. This will help you to stay organised too.

In addition to your personal kit and food, you will each have to carry roughly 2kg of group kit, so make sure you leave plenty of room in your rucksack.

As a guide you should be aiming for a fully packed rucksack with group kit, personal kit, food and water to weigh around 15kg. The lighter your bag is, the more you will enjoy your expedition. If your bag is too heavy you will struggle to lift it let alone walk with it for hours.

PLEASE REMEMBER THE WEATHER IN THE BRITISH ISLES IS CHANGEABLE, AND IT MAY BE RAINY, COLD, WINDY, SUNNY AND HOT ALL IN ONE DAY.

Personal Kit

All the items listed are essential, if you do not bring the correct kit you will not be able to take part in the expedition. For example if you forget your waterproof jacket or trousers you will not be allowed to start.

Waterproof jacket and trousers

- Both are essential.
- They must be waterproof. Ensure they have taped seams to stop the water leaking through, you can check this by looking at the seams on the inside. Storm flaps over the zips will also help.
- Jackets must have a hood.

- Lightweight “**Mack in a Sack**” style waterproofs are **not suitable** as they will not keep you dry.

Walking boots

- Walking shoes, approach shoes or trainers are **NOT** suitable, neither are DM’s or other fashion boots.
- You **MUST** have proper walking boots that cover the ankle bone in order to provide enough support for walking on rough terrain with a heavy rucksack.
- Check that they have a good sole and heel.
- The boots should be waterproof. Either by liner/membrane or leather with wax applied.
- Give yourself time to break them in so that they are comfortable. Walk in them as much as possible before the expedition.
- Make sure they are always done up properly. Laces can easily get caught causing you to trip and injure yourself.

Clothing

You should look for items which are warm, quick-drying and light.

Lots of layers are much better than one thick top. Thermal base layers and fleeces are best. Do not wear jeans or thick cotton hoodies and avoid all other cotton items if possible. When it gets wet cotton becomes very heavy, does not dry quickly and will not keep you warm.

Clothing to walk in

- Underwear.
- Thermal base layer.
- Thin fleece.
- Thick fleece.
- Walking trousers (**NOT** jeans or cotton tracksuit bottoms).
- Walking socks.
- Woolly hat, sun hat and gloves (even in summer it can get very cold on the hill and at night; likewise you can get sunburnt in March, even in Wales!)
- If you want to wear fresh tops, underwear and socks each day then you will need to bring extra clothing, but this will add to the weight of your rucksack so think carefully about how many spares you need. You are on a self-sufficient expedition which means you have to carry everything and cannot buy what you need.

Spare clothing to sleep in and for emergencies

Spare clothing must be carried and kept dry at all times. If you get wet during the day, you will need dry clothes to wear in camp or at the end of your expedition. This list is the minimum required for an expedition:

- Spare base layer.
- Spare warm jumper (fleece ideally).
- Spare pair of trousers (**NOT** jeans or cotton tracksuit bottoms).
- Change of underwear.
- Spare pair of socks.

Navigation tools and things you may need while walking.

Compass

- Compasses are needed at Silver and Gold Level.

Watch

- A cheap digital watch is ideal. The stop watch function is very handy for timing while you walk, so you can work out distances. An alarm can be useful in the morning.
- Don’t rely on your mobile phone, you need a separate watch.

Pen and paper

- Essential for making changes to route plans, taking notes for your Expedition Aim and writing down important information in case of an emergency.

Whistle

- Needs to be loud enough to attract attention in case of an emergency.

Mobile phone

- For essential calls only, not for calling home or for listening to music.
- Make sure it is fully charged and has sufficient calling credit.
- Put it in a plastic bag to keep it dry, jacket pockets tend to leak.

CLOTHING

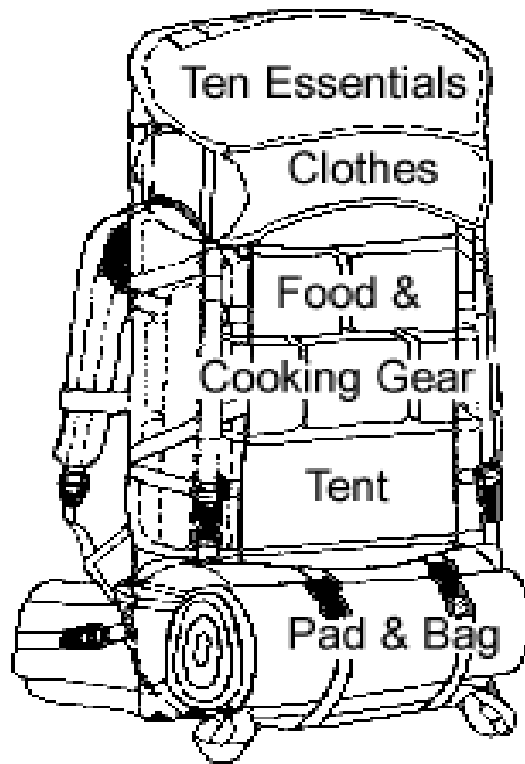
Got it	Packed it	Item needed (* Can be borrowed)
		1 pair of walking boots (<i>broken in</i>) *
		2 pairs of walking socks
		2 pairs sock liners (<i>optional</i>)
		2 – 3 t-shirts
		Thermal t-shirt (<i>optional</i>)
		2 fleece tops or similar
		2 walking trousers (<i>warm, NOT jeans</i>)
		Underwear
		Nightwear
		1 pair of trainers (<i>optional</i>)
		Warm hat &/or sunhat
		1 pair of gloves
		1 pair of shorts (<i>if appropriate</i>)
		Suncream
		Waterproof over-trousers *
		Cagoule/coat (<i>waterproof & windproof</i>) *

PERSONAL KIT

Got it	Packed it	Item needed
		Rucksack, 65 ltr
		Rucksack liner (<i>or 2 plastic bags</i>)
		Sleeping mat
		Sleeping bag
		Small quantity of money
		Note book and pencil
		Watch
		Torch (hand held or head)
		Personal First Aid Kit
		Spare batteries and spare bulb for torch.
		Emergency food rations
		Water bottle 1 – 2 lit
		Knife, fork and spoon.
		Plate/Bowl
		Mug
		GOLD ONLY Matches in waterproof container
		Wash Kit (small)
		Towel (small)

GROUP KIT (TO CARRY BETWEEN THE TEAM)

Got it	Packed it	Item needed
		Tent(s) * (SUPPLIED)
		Camping stove(s) * (SUPPLIED)
		Camping stove fuel (SUPPLIED)
		Scourers
		Camera (optional)
		Toilet paper
		Tea towels
		Food (lightweight)
		Plastic bags (for rubbish etc.)
		Group first aid (SUPPLIED)
		Whistle (SUPPLIED)
		Compasses (SUPPLIED)
		Maps, laminated (SUPPLIED)



Expedition Food

Choosing the right expedition food is really important for morale as well as energy.

How much food should I take?

Enough for each meal with lots of snacks and hot drinks to keep you going. Writing a menu plan for each day will help you decide how much you need.

Typical Bronze Expedition

Day 1 - Lunch, Dinner and snacks

Day 2 - Breakfast, Lunch and snacks

Typical Silver Expedition

Day 1 - Lunch, Dinner and snacks

Day 2 - Breakfast, Lunch, Dinner and snacks

Day 3 - Breakfast, Lunch and snacks

Typical Gold Expedition

Day 1 - Lunch, Dinner and snacks

Day 2 - Breakfast, Lunch, Dinner and snacks

Day 3 - Breakfast, Lunch, Dinner and snacks

Day 4 - Breakfast, Lunch and snacks

You will need to eat more than you would in a normal day in order to give you enough energy for the expedition. We recommend between 2500 and 3500 calories per day.

How will I cook the food?

You will be provided with a Trangia stove. This will allow you to heat food and boil water. You can cook things like rice and pasta or boiled water can be added to dehydrated meals or used to heat up “boil in the bag” or Wayfarer Meals. You can't roast, bake or fry food on a Trangia stove.

You will normally be given two stoves per group; each stove has one burner, two pans and one lid.

If you are considering cooking a lunch you need to think of how much time that will take and the extra water and washing up on route.

What should I consider when choosing what food to bring?

- Do you like it? There is no point bringing food that you don't like because you won't eat it.
- How much energy will the food give you? Choose foods that have high calorie content.
- Bring a balance of foods. Proteins and fats as well as carbohydrates. A mix of sweet and savoury foods. Foods which release their energy slowly like cereal bars and nuts as well as foods which release their energy quickly like chocolate and sweets.
- How long your food will take to cook? You may want food quickly after a long day walking – couscous takes 2 minutes to cook whereas rice needs 10 mins to boil.
- How easy will it be to wash up afterwards?
- How heavy and bulky is the food. For example a loaf of bread is bulkier than a pack of wraps or pitta bread.
- How is the food packaged? Food in glass jars or heavy tins is not suitable.
- Will it go off, or will it harm you if not cooked properly?

Do not bring anything which needs refrigeration. Do not bring meat, poultry or fish unless they are cured or tinned.

What sort of food should I bring?

You can find lots of suitable expedition food in any supermarket.

Breakfast

Bread: wraps, brioche and pain au chocolate etc

Cereal: porridge or muesli with hot chocolate or powdered milk. Add dried fruit for extra energy.

Expedition breakfast meals.

A hot drink is essential, tea, coffee, hot chocolate or cup 'a' soup.

Cereal bars are not a proper expedition breakfast.

Lunch

Rolls or sandwiches are good for day 1, after that consider wraps, pitta bread, bagels, malt loaf, oat cakes or Ryvita.

Serve with cheese, tuna, corned beef, Peperami, smoked sausage, jam, pate or sandwich spread.

Fruit (apples and oranges are better than squishy bananas), dried fruit, cake, biscuits, chocolate, cereal bars.

Dinner - should be 3 courses

Starter

Something quick and easy for when you arrive in camp. Soup, noodles, wraps etc.

Main Course

Carbohydrate - pasta, boil in the bag rice, couscous or Smash.

Accompaniment – expedition meal, pasta sauce, tuna, Peperami, chorizo, grated cheese, herbs and spices.

Pudding

Custard, semolina and jam, cake, brownies, biscuits, cheese and crackers plus a hot drink.

Snacks

Cakes, malt loaf, flapjack, cereal bars, biscuits, chocolate, fruit, dried fruit, salted nuts, crisps and sweets (jelly babies, wine gums and Haribo are particularly good). Having a treat to share with your group (or your instructor ☺) can really help to lift morale if you are cold and tired.

Hot drinks

Hot chocolate, cup 'a' soup, coffee, tea and fruit or herbal teas.

Other things to pack

Ketchup, brown sauce or mayonnaise sachets, salt, pepper, sugar and powdered milk.

Emergency rations

You should have some spare food set aside – just in case. You can eat this on your way home if you haven't needed it during the expedition.

Foods not to bring

- Do not bring anything that will go off or may give you food poisoning.
- Do not bring anything that needs refrigeration.
- No meat, poultry or fish unless they are cured or tinned.

Organise your food

- Make a bag for each day and then bag up each individual meal into that day's bag.
- This will help you work out how much to bring. It will also help you to ration your food so that you don't get carried away and eat tomorrow's lunch.

How much will I need to drink?

You should drink at least 3 litres of water each day to stay hydrated.

Water is heavy so there is no need to carry a full day's supply but we would recommend carrying at least 2 litres.

There will be a water supply at your campsite to cook with and refill bottles. We suggest you use this water supply to hydrate well in camp before and after walking.

Hot drinks are an excellent way of hydrating and warming yourself up.

What will I do with my rubbish?

Depending on the location you may need to carry all your rubbish with you for the duration of your expedition.

Everyone should carry their own rubbish; if it's all collected together it becomes unmanageable. Consider this when you are buying and packing your food. Remove all excess packaging before your trip.

How will I wash up?

You will have access to water at your campsite. Some campsites will have a tap, but hot water may be a luxury.

If you plan your meals carefully you may not have much to wash up, however if you burn something to your pan, you may be scrubbing for a long time to get it clean.

We encourage participants to plan their menus using suitable foods which can be found in any supermarket.

There are also a number of specialist expedition meals available. These can be a handy addition to a menu plan and are an easy way to ensure that participants get a substantial, hot and tasty meal during their expedition.

If you are eating camping ready meals, their calorific value is not high so you need to add rice, couscous, pasta, noodles or dried potato.

We would like your expedition to be as enjoyable as possible.

You should drink at least 3 litres of water each day to stay hydrated.

Hot drinks are an excellent way of hydrating and warming yourself up.

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Using a gas Trangia

What do I need to think about?

- ❖ **LOCATION** Take some time to pick the cooking location. A firm level surface at ground level where the stove will not be knocked over is ideal and it must be at least 2 metres away from flammable items/tents. Consider the weather conditions and wind direction. Make it clear to other people that stoves are lit/hot, so get everything needed together before starting to cook. Have somewhere safe nearby to put hot pans. Have water and a wet tea towel nearby, ready to use as a fire blanket.
- ❖ **UNPACK THE STOVE** As you take it apart, remember how each piece fits together so you can put it back together after use. A Trangia comes with a two-piece windshield to keep the flame from going out if it's windy. Place the bottom part of the wind shield on the flat surface/ground. The lower windshield has 2 distinctive sides to it. One side has holes and the other doesn't. The reason for this is that in bad weather, when there is a wind, you face the side with no holes to the prevailing wind. On a calm day, where there is little wind, the side with the holes should be facing the prevailing wind. This pushes more oxygen through to the burner.
- ❖ **LIGHT THE GAS** Turn the knob/valve to let gas through the pipe. Don't turn it on full. Use a long match to light the burner.
- ❖ **ADD THE PAN** Use the handle to place the pan on the metal supports inside the wind shield. If you are using a pot, then the windshield legs should be down, if you are frying, then the windshield legs should be up. In bad weather you can add the lid to keep your contents warm, or to keep the rain out. If you invert the lid, you can use it as a pan and the heat will rise upwards and cooking/heating will begin while you are cooking the food in the lower saucepan.

- ❖ COOK Never leave a lit stove unattended or unwatched. One person should be doing the cooking and 1 person standing as lookout/guard, keeping others away.
- ❖ FINISHED COOKING close the valve to stop the flow of gas. As the gas flow stops the flame will go out. Let the Trangia cool down before dismantling.

Emergency Procedures.

Emergency Procedures In the event of an incident

- Stay calm. Take time to assess the situation and decide what to do.
- What should be done immediately to safeguard the group?
- If anyone is injured, remember ABC – airway, breathing and circulation (signs of life/blood loss)
- Treat any injuries (remember the first principle ‘do no harm’)
- Insulate casualty from the ground, add extra clothing. Place any unconscious casualties in the ‘recovery position’.
- Determine your exact position on the map and consider the options for: (a) Descent to safety. What will the terrain be like? How far to reach safety? Are you sure you can carry the casualty? Will the casualty’s injuries be made worse by travelling?
- (b) Finding shelter. Don’t use up valuable time and energy unless you are sure about finding shelter.
- (c) Staying put. Will your situation be resolved if you stay where you are?
- (d) Seeking help (remember that even when a rescue team has been alerted, help might not arrive for several hours).

Call your Supervisor if possible, often texts go through where the voice does not!

If going for help on foot:

- Remember to take all the details shown above. Write them down if possible.
- If possible, leave at least one person with the casualty.
- If possible, send two or more people for help.
- **Make the casualty’s location easily seen by search parties. EMERGENCY SIGNAL: SIX BLASTS ON THE WHISTLE or SIX TORCH FLASHES repeated every minute.**

We hope the advice we have given will help you to make wise choices about what you need to bring and how to pack it.