



# Practice Expeditions Equipment & final plans

# Equipment List

Item Needed	Notes
1 pair walking boots	Waterproof and with ankle support and broken in. Check that they still fit 2 weeks before.
2 pairs walking socks	Specialist cushioned walking socks made from a blend of wool and man-made fibre. NOT school-type nylon sports socks which rub.
2 base layers	Technical wicking T shirt in man-made fibre or merino wool. No cotton as can be very cold when wet. 1 technical T shirt and 1 long sleeved thermal top preferably in a light colour would be a good combination. Football shirts are made of the right material and are good to use.
2 mid layers	E.g. fleece tops
2 pairs walking trousers	Polyester quick-drying fabric NOT jeans or cotton. Tracksuit-type trousers (not thick cotton type) or synthetic leggings are fine. Shorts or synthetic leggings an option instead of one pair of trousers if forecast is good though be aware that some expedition routes go through lush vegetation (i.e. nettles)
Underwear	
Nightwear	OPTIONAL. You can sleep in a T shirt and underwear if you want to keep pack weight down
1 waterproof and windproof jacket	This is your outer layer
1 pair waterproof over trousers	Look for big ankle zips that allow the over trousers to be slipped on without the need to take boots off.
Gaiters	OPTIONAL particularly for gold and silver if travelling through rough and/or boggy ground
Walking poles	OPTIONAL for steeper ground (gold or silver) or for anyone with weak ankles or knees.
1 pair flip-flops or lightweight plastic/rubber sandals	OPTIONAL. To wear on the campsite during the evening. It's a good idea to let your feet breathe after a day in boots and socks, especially if you've had wet feet.



Item Needed	Notes
1 sunhat	
1 warm hat	
1 pair gloves	
1 watch	Inexpensive. You will need this as you won't have a mobile phone to check the time on.
Sunglasses	OPTIONAL. Plus cleaning cloth and case
Hair scrunchy	For long hair only - essential to tie back hair when cooking near open flame
1 plastic bag	e.g. shopping bag. For rubbish or other bits and pieces as you travel.
Handkerchief/tissues	OPTIONAL
Toilet paper	Small stash
Suncream SPF30+ Lip salve SPF 30+	Nivea Kids pocket size bottle is handy and lightweight but check weather forecast as more maybe needed for expeditions if weather is good.
Insect Repellent	Smidge brand is good; Avon Skin So Soft natural oil spray or Citronella essential oil are alternatives
Midge Hood	Optional
Personal medication	This is for medication you take regularly declared on your consent forms (e.g. inhaler, hay fever tablets, eczema creams) and personal items for own use only with parent's permission – e.g. personal blister kit plus a couple of antiseptic wipes and plasters, anti-histamine insect bite cream (advisable), painkillers (e.g. ibuprofen or paracetamol) and diarrhoea medicine (e.g. Imodium), rehydration sachets or glucose tablets, antiseptic cream. Note that a Team First-Aid Kit will be provided as group kit

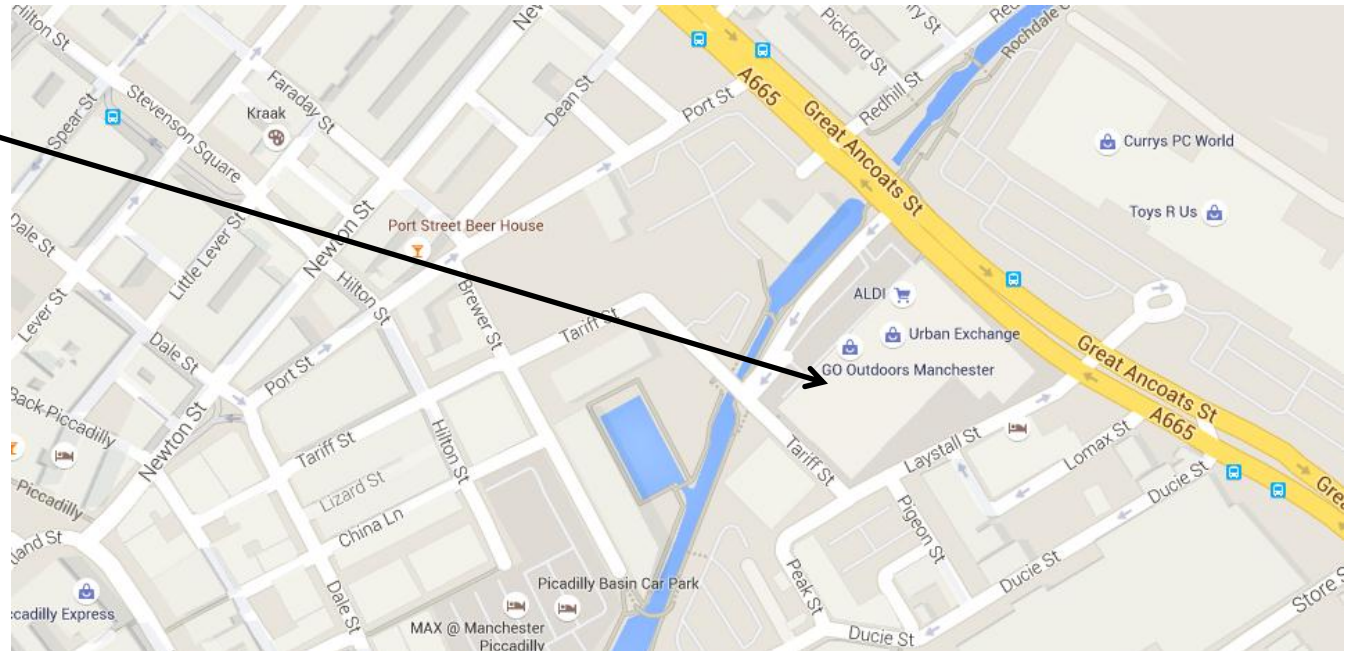




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# What is the purpose of Outdoor Clothing?

Keeping warm: you need to think about layering and the type of fabric.

Keeping you dry.

Protecting the skin from chaps, windburn and dry skin.

Comfort: the right type and the correct size, will make your walking experience more enjoyable.





# Outdoor Clothing: The Layering System

**There is no such thing as inappropriate weather,  
only inappropriate clothing.**

**Base Layer** – Next to the body.

**Mid Layer** – Insulation for the body.

**Outer Layer** – Protects from the elements.

**Accessories** – Hat, gloves and scarf.

# Base Layer

Worn next to the skin.

Wicks moisture (sweat!) away from body to keep your skin dry so you don't chill.

Often body hugging in order to wick away sweat efficiently and have flat-sewn seams to avoid chaffing.



# Cotton vs. Synthetic

## Cotton

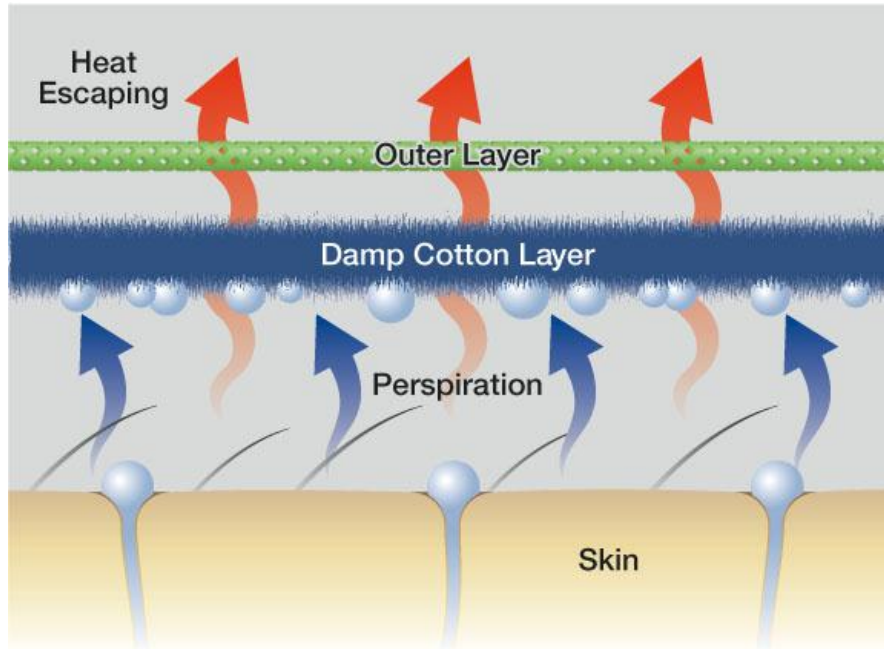


illustration from 'Hill Walking' © MLTUK/ VG 2003

## Synthetic

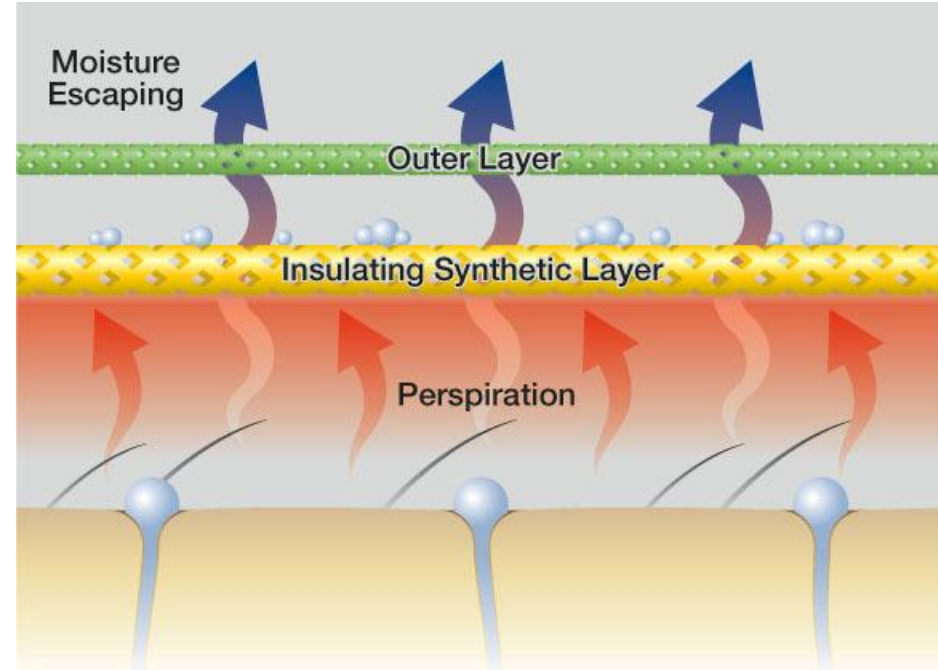


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# Mid Layer

Provides insulation to keep body warm.

Mid layer materials: fleece, woolly jumpers, duck down, synthetic fibre-pile.

Insulation can be affected by wind cutting through garment, or moisture being absorbed into garment.



# Outer Layer

To protect from wind and rain.

Needs to be waterproof fabric with taped seams so that sewing holes are watertight!

Ideally the fabric would be breathable to allow perspiration to escape:  
GoreTex, Triple Point, eVENT,  
Helly Tech, IsoTex.



# How waterproofs breathe

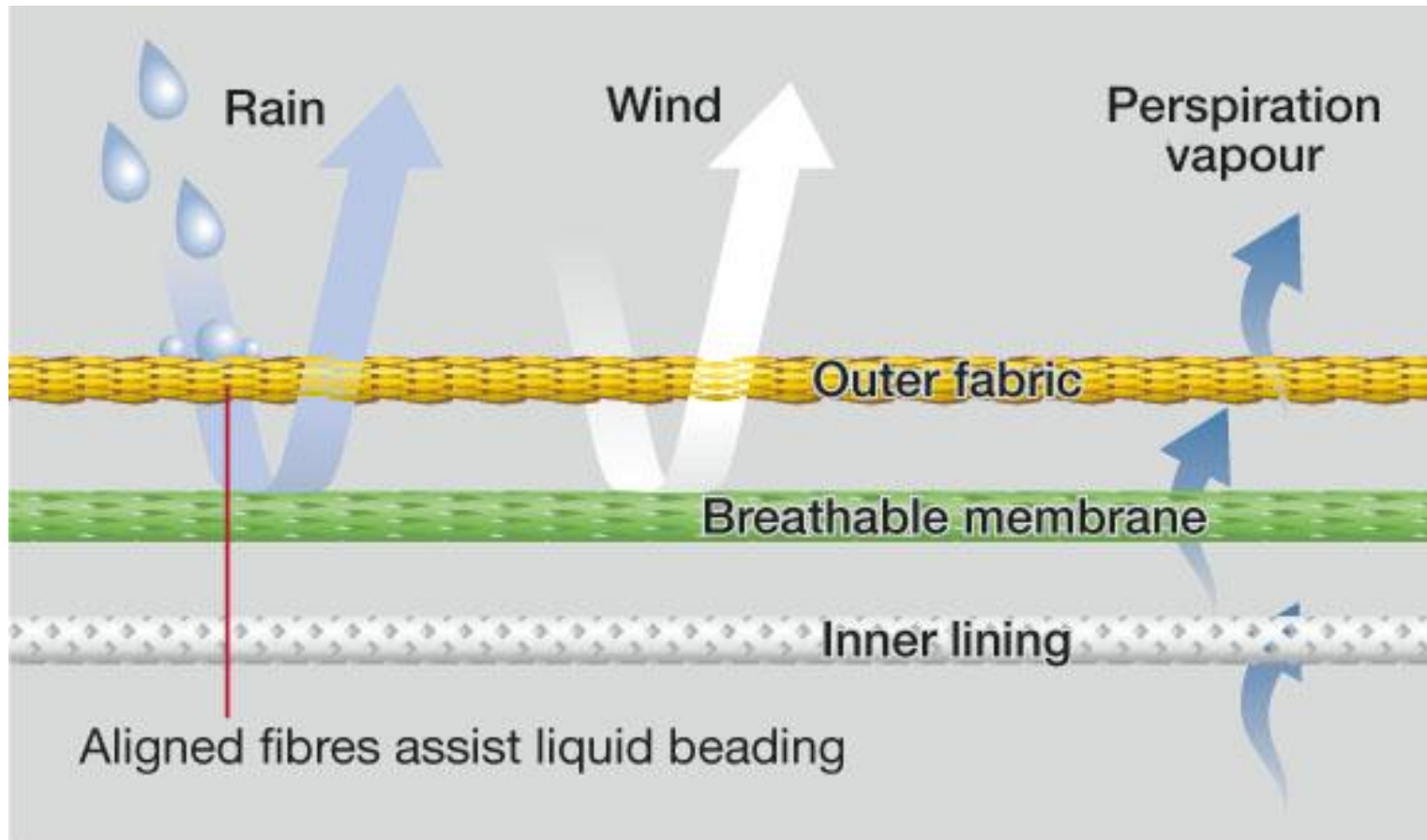


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# Boot Features and Choice

Approach Shoes	2-Season Boots	3-4 Season Boots
		
Lightweight	Waterproof but lightweight	Tough and waterproof
Aggressive tread	Flexible sole	Rigid sole
Low ankle support	Medium ankle support	Excellent ankle support

Different situations will require different boots.

# Anatomy of the Boot

Ankle support

Padded ankle cuff

Heel cradle support

Inside: Breathable membrane

Inside: Anatomic footbed



Padded tongue

Easily adjusted laces

Padded  
reinforced toe

Cleated sole



# Footwear

**Boots:** Consider support, grip, comfort, protection and weight.

**Socks:** Thin synthetic socks next to skin with thicker socks will provide warmth and will also prevent blisters!

**Gaiters:** Help keep feet dry when it's raining or you're walking on wet ground.

Wear waterproof trousers over gaiters.



## **Boots:**

Clean your boots of mud and dirt with a dry brush.  
Re-protect using a specific product for your boots.

## **Clothing:**

Always follow the washing instructions.  
Check that it can be machine washed.  
Some clothing can't be put on radiators.  
Re-waterproof your jackets and trousers regularly.

## Remember ...

**We are planning to have a REET good time**

**Route – have you planned your route ?**

**Eat ! Have you agreed what you are cooking ?**

**Equipment – do you have it ?**

**Transport – agreed lift shares ?**





# Thankyou