



Expedition: Kit & packing...



The Rucksack:

- Usually 65 lts
- Two main chambers with lid and side pockets
- Adjustable back size
- Adjustable hip belt
- Adjustable shoulder straps
- Compression straps
- Mesh pockets
- Rain cover



The Base Layer:

This is generally underwear that is made from wicking fabric which removes moisture (sweat) from your skin, which helps you stay comfortable whilst on expedition.



The Mid Layer:

These are generally lightweight quick drying garments made from breathable wicking fabric (often fleece / windproof) which helps with the passage of moisture from your base layers, which again helps you stay comfortable whilst on expedition.



The Outer Waterproof Layer:

These are generally lightweight wind and water proof garments made from breathable wicking fabric which helps with the passage of moisture from your base and or mid layers, which again helps you stay comfortable whilst on expedition.

A shaped peaked hood with draws are a definite bonus along with pit zips.

Over trousers should allow easy donning & removal over boots.



Other kit:

- Hat (cold / hot conditions)
- Gloves
- Buff
- Gaiters
- Sunnies



Footwear:

The absolute key to an enjoyable day out is achieved by looking after your feet!

Good broken-in boots with good socks and additions to your personal first aid kit will help achieve a painless and fun expedition!



Night time:

- Sleeping bag (minimum 3 season)
- Sleeping bag compression sack
- Sleeping mat
- Blindfold & ear plugs
- Head torch
- Tent!



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Meal times:

- Mug, bowl & spork
- Waterproof matches
- Water bottle
- Camping gas
- Trangia
- Washing-up kit



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Other kit:

- Dry bags / liners
- Survival bag
- Whistle
- Watch
- Compass
- Paper & pen
- Camera
- Map



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Toiletries & Medical



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Do not bring:



Rucksack packing:

Generally heavier kit will be packed higher and closer to the back frame.

Items that you will need during the day should be easily accessible along with your first aid kit.



Generally heavier kit will be packed higher and closer to the back frame.

All items will need to be waterproofed and stored inside the sack... with the exception of maybe a sleeping mat, water bottle and walking poles which should be secured to the outside of the sack.



Loads should not exceed $\frac{1}{4}$ of a participants total body weight.



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If a participant has tried very very hard to limit the amount of kit and it can't be shared with other group members, then expedition supervisors should consider the pre-positioning of specific items so as to meet the DofE recommendations, providing safety is not compromised!





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Any questions?