

My rucksack's too heavy!

Pack heavier items (like Trangias and fuel) at the back of your rucksack to help balance.

Make sure the shoulder straps and padding are suitable for your height.

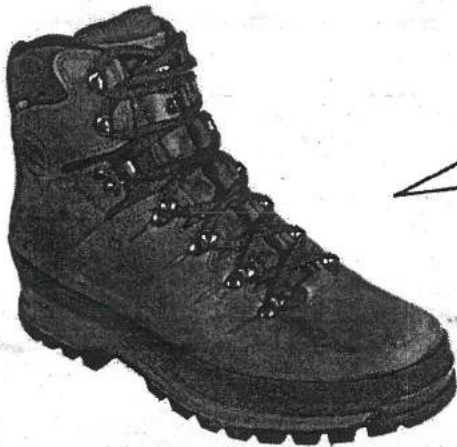
Use the hip belt to reduce weight on your shoulders



TOP TIPS for staying light:

- A wet bag weighs more! Use a thick bin liner or drybag inside your rucksack to keep things dry. You can even put clothes into smaller bags for extra waterproofness!
- Plan together so that you can **share items** as a group such as toothpaste and crockery.
- Carefully plan your meals in small groups so that you are not carrying excess food e.g. 500g bags of pasta can be split into smaller bags.
- Food containers such as glass jars and tins can add a lot of weight to your bag so don't bring them. Buy pouches or spend time separating into bags or small tubs.
- Don't bring speakers, electronics, footballs etc. They are not necessary, extra weight to carry and can easily get damaged.

These boots were made for walking!



A good pair of boots provides **SUPPORT** to your **ANKLES** on rough terrain. The sole should be **STURDY** with good **GRIP** for when the going gets tough on rough, slippery ground!



TOP TIPS for EXPEDITION FEET:

- Keep 'em dry! Avoid puddles and mud where necessary, have a dry pair of socks spare. Talcum powder helps too!
- STOP before you get a blister and pad out the hot spot before it's too late.
- Don't sleep in wet socks, let your feet 'air out' overnight.

CHECK before you wreck:

- ✓ The sole is stiff and has good grip
- ✓ That laces are in good order
- ✓ Check the insole for wear and tear
- ✓ 'Break-in' new boots on shorter walks
- ✓ Find good quality walking socks
- ✓ Re-proof leather and fabric before and after your expedition

DofE Expedition Kit List

Required	Packed	Personal Clothing – what you need to bring
		Walking Socks (1 Pair to walk in) plus 2 or 3 spare
		T-Shirt (2 or 3 spare)
		Walking Trousers (1 or 2 pair spare)
		Fleece/Warm Jacket
		Underwear (plus spare pairs)
		Nightwear
		Pair of Gloves*
		Warm Hat*
		Sun Hat (dependent on weather)*
		Torch (head torch or hand torch)*
		Water Bottles (1.5 - 2 litres)
		Small Wash Kit Essentials (Toothbrush, toothpaste etc)
		Sun lotion and aftersun
		Food (Can share the cost of food between your group)
		Snacks
		Spork or knife / fork and spoon
		Plastic bowl / plate / mug
		Matches
		Pan scourer and small tea towel (share with group)
		Trainers or Flip Flops (optional)
		Strong Plastic Bag/Bin Liners (to keep clothes + sleeping bag dry) or sealed dry bags
		Mobile Phone - <i>(It will be your responsibility, if it gets damaged on Expedition, Simonside Outdoor Adventure won't be liable for loss, damage etc to phones or any other personal devices)</i>
		Expedition Kit - Simonside OA can provide free of charge)
		Rucksack
		Sleeping Mat
		Sleeping Bag
		Waterproof Jacket
		Waterproof over trousers
		Walking Boots
		Fuel for stoves
		Tent (2 or 3 person)
		Cooking stove (Trangia, to share between tent group)
		Group first aid kit
		Maps
		Compass
		Plastic Bag (for rubbish)