

Tents – 2 main types

Tunnel

Geodesic

- **PROS**

- Light

- **CONS**

- Held
- Can't

LOOK FOR

- Light weight
- Small pack size
- **INNER & OUTER** pitching
- (they stay stuck together)
- Hydrostatic Head (HH) above 5000mm

up

Boots

Types

- **Leather**



- **Fabric**



What To Look For

- **Waterproof**
- **‘Grippy’ sole**
- **Not too heavy**
- **Allow you to wear thick socks comfortably**
- **Don’t let your feet slide backwards / forwards inside**
- **REMEMBER to wear them in!**



Sleeping Bags

Types

RECTANGULAR

MUMMY

What To Look For

- 3 or 4 season
 - Ideally 0°C or lower comfort rating
- Small pack size
- Relatively light weight
- “Mummy” design, NOT rectangular
- **KEEP IT DRY!!!**



Rucksacks

Types



What To Look For

- **MUST** have a waist belt
- **MUST** have a 'back system'
 - Rods / rails that run down your back to take the weight
- **MUST** fit the length of **YOUR** back
 - Not too long / short
 - **GIRLS** – look for 'women' specific bags, they have shorter backs!
- **NOT** camouflaged



Waterproofs

Types



What To Look For

- **ACTUALLY WATERPOOF material**
 - Showerproof isn't good enough!
- **Lightweight**
- **Breathable (not 'plastic')**
- **Small pack size**
- **Hooded**
- **Waterproof trousers with full length zips help a lot**
 - But not essential

Clothing

Types



What To Look For

- A layering system
 - Baselayer (T-shirt)
 - Mid layer (fleece / soft shell / puffy jacket)
 - Outer layer (waterproof)
- Underwear that won't rub when you walk in the rain!
- Comfortable
- Windproof
- Quick drying
- **NO JEANS / CAMOUFLAGE**



Socks

Types



What To Look For

- NOT skiing socks
 - Thick, but not made to flex around the ankle!
- Thick
- Warm
- Cushioned
- Well fitted
- NOT thin 'ankle socks'

Stoves

- **SOLID** (DON'T BOTHER!)
 - **PROS:** Safe fuel, light, simple
 - **CONS:** Dirty, uncontrollable flame
- **LIQUID** (PRESSURIZED TYPES ARE BANNED!)
 - **PROS:** Simple, energy dense, cheap
 - **CONS:** Slow boil, uncontrollable flame
- **GAS**
 - **PROS:** Lightweight, fast boil, controllable
 - **CONS:** Expensive(ish), easily broken



Packing Your Rucksack

DO

DON'T

- Remember The Rule “First In, Last Out”
- Pack Easily Damaged Items Within Protective Items
- Pack Everything In Plastic Bags
- Keep Sets Of Clothes In Separate Bags
- Keep Emergency Items In Easy Access Places
- Take Extra Plastic Bags With You
- Put Easily Damaged Items At The Bottom Of The Bag
- Keep Fuel And Ignition Sources Together, Or Close To Your Back
- Rely On Your Bag To Be 100% Waterproof Alone
- Try To Pack Extra Kit You Do Not Need
- Carry More Than A Maximum Of $\frac{1}{3}$ Of Your Body Weight

Importance of Kit

- All emergency kit should be stored in immediate access areas
- Waterproofs should be packed in a quickly accessible place
- Emergency rations should be carried, packed in A relatively easy place to access if they are needed
- Sleeping bags are generally used last and therefore packed first (at the bottom)
- Tents are packed directly under the day's food & water rations
- Clothes are packed directly under the tent
- Snacks and food will be needed first, so gets packed at the top of the bag

Kit Priority

- Below is a list given in priority from top to bottom, the top being the most important, of the general types of kit you will be carrying. This means the things at the bottom go at the bottom or your rucksack and vice versa

- First Aid Kit
- Waterproofs
- Emergency / Severe Weather Kit
- Food & Water
- Emergency Rations
- Tent
- Cooking Equipment / Utensils
- Sleeping Bag
- Spare Clothes
- Bed Roll

**MORE
IMPORTANT**