



PARENTAL HELP AND GUIDANCE **FOR EXPEDITION EQUIPMENT**

PERSONAL EQUIPMENT

Boots

Boots need to have good ankle support, but only need to be 2 – 3 season boots. Hi Tech are a very reasonable range, - but will probably only last one season – ie one practice and one final Expedition, will need extra waterproofing, but will not take much 'wearing in'. Berghaus, Salomon, Brasher are all a very good range, but unless your child has either stopped growing, or only intending on doing their Bronze, - don't pay any more than £70.00. Hi Tech start from £15.00.

Socks

Two pairs of socks are required, - a thin pair, and a thick pair to wear over the thin ones. This helps to prevent blistering, - although some manufacturers claim their '1000 miles socks' are blister free, they can be very expensive. Avoid trainer socks. Sports socks as a base layer are good, but still need a thicker pair of socks over the top. The reason for this is that the two socks rub together, not the socks and skin! Expect to pay £6.00 - £10.00 per pair. A good investment if your child moves on to Silver and Gold, but otherwise compromise with a thick woolly pair over sports socks.

Legwear

Jogging bottoms whilst comfortable, will get wet and heavy in the rain. School tracksuit trousers are ideal. Denim is not, even denim shorts. The material can cause irritable skin, and if it gets wet, it does not dry, nor does it keep the participants warm. Most girls are comfortable in leggings, they are inexpensive, and dry very quickly if they get wet.

T Shirts

A thin wicking layer is ideal, but normal cotton t shirts will do. If buying a specialist walking t shirt, these should be available from £7.00 up to £25.00.

Fleece v Sweatshirt

Fleece fabric is very useful, it dries quickly, and stays warm when wet, sweatshirts are equally as warm, but won't dry ever on Expedition, and can get very heavy, but can be very useful around the campsite on an evening – as can hoodies.

If buying a fleece, they are now relatively inexpensive, £5.00 - £30.00. D of E hoodies are available from school at £25.00.

Waterproofs

It is a standard requirement in D of E rules that all participants carry waterproofs, - this includes waterproof trousers. However, participants very rarely wear them, therefore the 'Pac a Mac' range of trousers are quite suitable, from £8.00 upwards. Waterproof jackets in the Pac a Mac range are not appropriate though, and the range of jackets are endless, but breathable fabrics are best. Expect to pay from £15.00 upwards. When checking for size, bear in mind the need for extra layers underneath whilst hanging around the campsite.

Sleeping Bag

A minimum 2 – 3 Season sleeping bag is required, 'mummy shaped' bags are advised, - square bottomed ones are generally either not warm enough, or will not pack up small enough. 4 Season bags can be quite bulky and heavy. All bags come with a stuff sac / compression sac, to enable the bag to be packed up to fit in the rucsacs. These bags are NOT waterproof, and will require putting into a plastic bag such as a bin liner before going into the rucsac. Most outdoor shops have DofE recommended bags, but expect to pay in the region of £40 – £50. School has a limited number of bags for loan.

Rucsacs

D of E requirements ask for a 65litre rucsac, - no bigger, (anything larger will be inevitably be filled, therefore be heavier to carry). The bigger shops do a 'female' fit rucsac, these are not necessarily any better, but are an option. When looking at a rucsac to buy, ask the shop to 'fill' it, and fit it properly, most have adjustable back systems and it is important that they fit correctly. These are in the region of £50 - £100, Vango, Karrimor or Lowe Alpine are all recommended. School has a limited number of bags for loan, but if it is the intention to go through Bronze, Silver and Gold it is advisable to buy one as they mould to fit one person and become quite comfortable to wear. **Please be aware that once a rucsac is packed, it should be weighed and be no more than a third of the participants bodyweight.**

Carrymats

These vary vastly in price, from the rubber foam ones at £5.00 up to the inflatable ThermaRests from £50.00 upwards. The mats are essential for insulation, but the rubber foam ones are advised as once they are placed on the rucsac they are open to a lot of wear and tear from stiles, trees etc. The inflatable ones can be difficult to get back into their bags and are heavy. School has a limited number of the foam ones.

Group Equipment – Provided by School.

Tents

Tents are provided by School and will vary in size, from a 2 person up to 4/5 person tent. These tents are regularly checked and updated / replaced. Teams have the choice of what size tent they wish to use. Personal tents are allowed, but must be checked by school staff before the Expedition.

Stoves

Teams will use Trangia Stoves, these are the best stoves on the market and very much endorsed by D of E, the fuel will either be Gas for Bronze Level or Meths for Silver and Gold. Both of which are supplied by School. Teams receive the correct training in how to use these stoves before the Expedition and are supervised whilst on the campsite until they are competent with them and the safety requirements are met.

Map / Compass / Map Case

Two are provided per team.

Mobile Phones

Personal mobile phones are not allowed on Expedition, - this is to encourage teams to work out their problems together, and also encourage the Expedition to be 'remote'. However, for safety purposes each team will be issued a School Phone, - this phone will have the supervisors phone number on it only, and the teams are instructed on how and when to use this phone. During the Expedition the supervisors' phone will be switched on at all times during the day whilst the teams are on the hill. Around the campsite the staff phones are switched off in the evening to preserve battery for the following day.

When deciding to purchase Outdoor Equipment / Clothing, please be aware most Outdoor Shops offer discounts to D of E Participants, - please mention D of E at the checkout. On average shops give 10 – 15% discount. Cotswolds, Blacks, Field and Trek, and Mountain Warehouse are the main ones offering discounts to D of E participants.

For any further advice I can be contacted on dofe@gatewaysschool.co.uk.