

Expedition Preparation Guide

Please take time to read the information inside. The better prepared you are the more comfortable and enjoyable your expedition will be.

If you need further advice please contact us.

Pendarren House OEC

Llangenny

Powys

NP8 1HE

01873 810694

office@pendarren.org

www.pendarren.org

Kit and packing

Make sure that you have got, or can borrow, all of the kit on the personal kit list. It is also worth looking at what's available in supermarkets as they often sell good value fleeces and gloves.

Practice packing your rucksack with everything you need. Fill your water bottle and put all of your waterproofs into your rucksack. On a hot day you will be carrying rather than wearing most of your clothes.

Ensure that your kit will stay dry by packing everything in plastic bags and using a rucksack liner. This will help you to stay organised too.

In addition to your personal kit and food, you will each have to carry roughly 2kg of group kit. We will issue groups with tents, stoves, first aid kits, group shelters and maps at the start of the expedition. So make sure you leave plenty of space in your bag.

As a guide you should be aiming for a fully packed rucksack with group kit, personal kit, food and water to weigh around 15kg. The lighter your bag is, the more you will enjoy your expedition. If your bag is too heavy you will struggle to lift it let alone walk with it for hours.

Food

Visit your local supermarket to research suitable expedition food; look out for lightweight and dehydrated food.

Get together with the other people in your group and plan the menu for your expedition. The guidelines on the following pages will help you with this.

Your menu should include breakfast, lunch, and dinner, snacks and hot drinks. Decide what each person in your group is responsible for bringing and make a shopping list.

Fitness

Do as much walking as possible. If you get a chance, head into the countryside or visit a park. Practice walking in your boots with your rucksack, gradually increasing the weight as your fitness improves.

Boots

Break in your boots so they are comfortable for your expedition, even if you have worn them before. This means wearing them and walking in them frequently before the expedition. Boots that are not well broken in will give you blisters.

Mobile phones

We recommend you bring your phone, but for emergency use only. Please remind your friends and relatives not to call you or expect to hear from you during the expedition.

Weather

You need to bring all of the items on the kit list regardless of the weather forecast. A dry forecast doesn't mean you can leave your waterproofs at home.

However we do suggest you check the weather forecast before your expedition. Knowing what to expect may help you to decide whether to pack more sun cream or an extra warm fleece.

We recommend you bring your phone, but for emergency use only.

Kit List - Personal

We can provide each group with tents, stoves, maps, first aid kits and group shelters, however you need to provide your own personal kit for the expedition. All the items listed are essential, if you do not bring the correct kit you will not be able to take part in the expedition. For example if you forget your waterproof jacket or trousers you will not be allowed to start.

Waterproof jacket and trousers

- Both are essential.
- They must be waterproof. Ensure they have taped seams to stop the water leaking through, you can check this by looking at the seams on the inside. Storm flaps over the zips will also help.
- Jackets must have a hood.
- Lightweight "Mack in a Sack" style waterproofs are not suitable as they will not keep you dry.

Walking boots

- Walking shoes, approach shoes or trainers are **NOT** suitable, neither are DM's or other fashion boots.
- You **MUST** have proper walking boots that cover the ankle bone in order to provide enough support for walking on rough terrain with a heavy rucksack.
- Check that they have a good sole and heel.
- The boots should be waterproof. Either by liner/membrane or leather with wax applied.
- Give yourself time to break them in so that they are comfortable. Walk in them as much as possible before the expedition.
- Make sure they are always done up properly. Laces can easily get caught causing you to trip and injure yourself.

Clothing

You should look for items which are warm, quick-drying and light. Lots of layers are much better than one thick top. Thermal base layers and fleeces are best. Do not wear jeans or thick cotton hoodies and avoid all other cotton items if possible. When it gets wet cotton becomes very heavy, does not dry quickly and will not keep you warm.

Clothing to walk in

- Underwear.
- Thermal base layer.
- Thin fleece.
- Thick fleece.
- Walking trousers (**NOT** jeans or cotton tracksuit bottoms).

- Walking socks.
- Woolly hat, sun hat and gloves (even in summer it can get very cold on the hill and at night; likewise you can get sunburnt in March, even in Wales!)
- If you want to wear fresh tops, underwear and socks each day then you will need to bring extra clothing, but this will add to the weight of your rucksack so think carefully about how many spares you need.

Spare clothing to sleep in and for emergencies

Spare clothing must be carried and kept dry at all times. If you get wet during the day, you will need dry clothes to wear in camp or at the end of your expedition. This list is the minimum required for an expedition:

- Spare base layer.
- Spare warm jumper (fleece ideally).
- Spare pair of trousers (**NOT** jeans or cotton tracksuit bottoms).
- Change of underwear.
- Spare pair of socks.

Navigation tools and things you may need while walking.

Compass

- Silva compasses are very reliable. We suggest Ranger 3 or Field 7.

Watch

- A cheap digital watch is ideal. The stop watch function is very handy for timing while you walk, so you can work out distances. An alarm can be useful in the morning.
- Don't rely on your mobile phone, you need a separate watch.

Pen and paper

- Essential for making changes to route plans, taking notes for your Expedition Aim and writing down important information in case of an emergency.

Whistle

- Needs to be loud enough to attract attention in case of an emergency.

Mobile phone

- For essential calls only, not for calling home or for listening to music.
- Make sure it is fully charged and has sufficient calling credit.
- Put it in a plastic bag to keep it dry, jacket pockets tend to leak

Packing - Rucksack

Rucksack

- Between 60 and 65 litres should be big enough.

Remember you will need to leave room for your share of the group kit.

- Everything should fit inside your rucksack, kit must not be strapped to the outside. The only exception to this is a foam sleeping mat, this can be attached outside the rucksack if it is wrapped in thick plastic to properly protect it from the elements.

- Ensure that your rucksack fits properly, most are adjustable. When trying it on, put something heavy in it to test how it will feel when it is fully packed.

Rucksack liner

- You will need a rucksack liner no matter how waterproof you believe your rucksack to be. Rucksack covers are not a replacement for a rucksack liner. If your clothing or sleeping bag gets wet, you will not be able to finish your expedition.

- You can buy rucksack liners or make one using a survival bag (thick orange plastic bag) or a heavy duty rubble bag. Bin liners are too thin and rip easily so are not suitable.

Personal medication, blister kit, sun cream, whistle, money, phone, torch, hats and gloves.

Water and food for day (Lunch & Snacks)

Waterproofs & warm Fleece.

Group First Aid Kit, Group Shelter

Eating Utensils and rest of Food. Sleeping bag and spare clothes

Tent and Stove

Plastic bags, zip-lock or dry bags

- You should use waterproof bags to pack your kit. Strong Zip lock bags or dry bags are perfect. This will further waterproof your kit and will help to organise your rucksack.

The ABC of packing

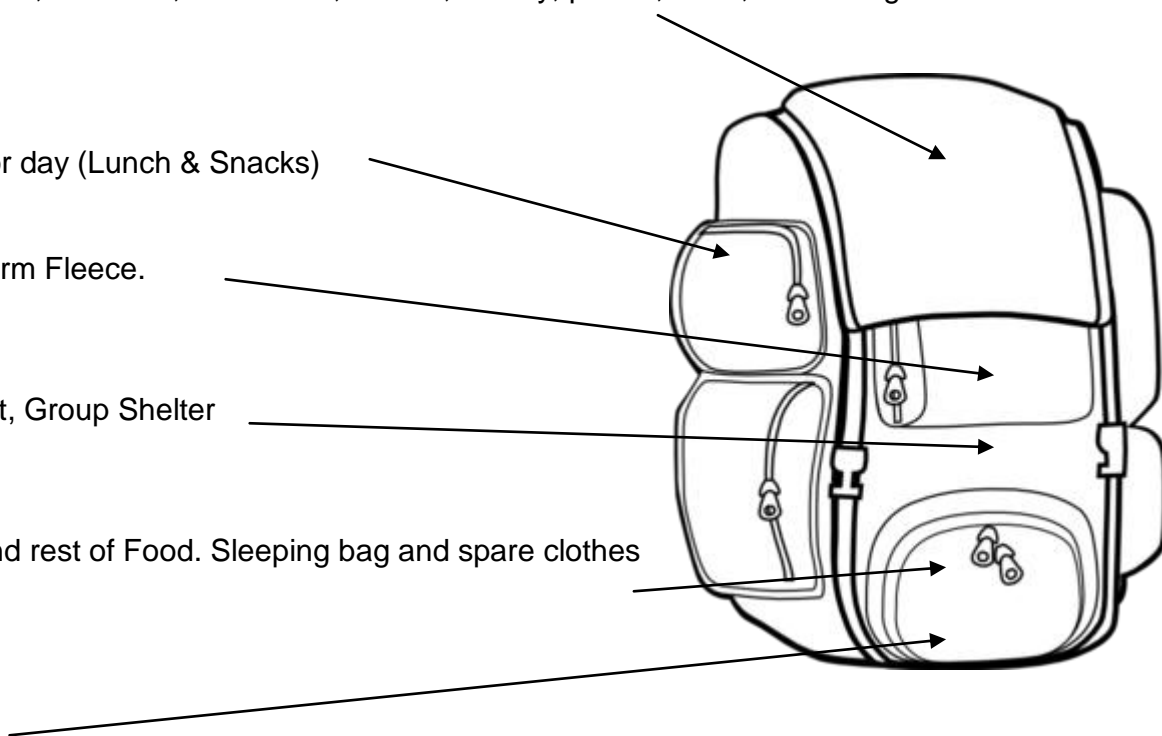
A accessibility - think about when and how often you are going to need each item during the day and organise your bag accordingly. Pack frequently used items near the top or in side pockets and items you won't need till camp at the bottom of your bag.

B balance - pack heavier items lower in your bag. Pack both sides of your bag evenly so the weight is equally distributed to both shoulder straps. This will make your bag easier to carry.

C compression - Sleeping bags and clothes can take up a lot of space unless you pack them tightly. Use stuff sacks to pack soft items.

D dangling is NOT allowed - do not strap anything to the outside of your bag, it will get lost or damaged. Only exception is your foam roll mat which should be protected with a thick plastic bag.

E environment - rain, mud, barbed wire and thorns. You need to protect all of your kit by packing it in watertight plastic bags (or dry bags) and then use a thick rucksack liner to line your bag, as a second layer of protection.



Packing - Checklist

Waterproofs

	Quantity	Packed
Waterproof jacket	<input type="checkbox"/>	<input type="checkbox"/>
Waterproof trousers	<input type="checkbox"/>	<input type="checkbox"/>

Footwear

Walking boots	<input type="checkbox"/>	<input type="checkbox"/>
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Walking clothing

Underwear	<input type="checkbox"/>	<input type="checkbox"/>
Thermal base layer	<input type="checkbox"/>	<input type="checkbox"/>
Thin fleece	<input type="checkbox"/>	<input type="checkbox"/>
Thick fleece	<input type="checkbox"/>	<input type="checkbox"/>
Walking trousers	<input type="checkbox"/>	<input type="checkbox"/>
Pair of walking socks	<input type="checkbox"/>	<input type="checkbox"/>
Woolly or fleece hat	<input type="checkbox"/>	<input type="checkbox"/>
Pair of gloves	<input type="checkbox"/>	<input type="checkbox"/>
Sun hat	<input type="checkbox"/>	<input type="checkbox"/>

Spare and sleeping clothing

Underwear	<input type="checkbox"/>	<input type="checkbox"/>
Base layer	<input type="checkbox"/>	<input type="checkbox"/>
Fleece	<input type="checkbox"/>	<input type="checkbox"/>
Trousers	<input type="checkbox"/>	<input type="checkbox"/>
Pair of socks	<input type="checkbox"/>	<input type="checkbox"/>

Navigation and walking kit

Compass	<input type="checkbox"/>	<input type="checkbox"/>
Watch	<input type="checkbox"/>	<input type="checkbox"/>
Pen and paper	<input type="checkbox"/>	<input type="checkbox"/>
Whistle	<input type="checkbox"/>	<input type="checkbox"/>
Mobile Phone	<input type="checkbox"/>	<input type="checkbox"/>
Money	<input type="checkbox"/>	<input type="checkbox"/>
Sun cream	<input type="checkbox"/>	<input type="checkbox"/>
Personal medication	<input type="checkbox"/>	<input type="checkbox"/>
Blister kit	<input type="checkbox"/>	<input type="checkbox"/>

Sleeping kit

Sleeping bag	<input type="checkbox"/>	<input type="checkbox"/>
Sleeping mat	<input type="checkbox"/>	<input type="checkbox"/>

Eating, drinking and being in camp

Torch and spare batteries	<input type="checkbox"/>	<input type="checkbox"/>
Water bottle or bottles able to carry 2L	<input type="checkbox"/>	<input type="checkbox"/>
Spoon	<input type="checkbox"/>	<input type="checkbox"/>
Bowl	<input type="checkbox"/>	<input type="checkbox"/>
Cup	<input type="checkbox"/>	<input type="checkbox"/>
Matches or lighter	<input type="checkbox"/>	<input type="checkbox"/>
Sponge/scrubber/brillo pads	<input type="checkbox"/>	<input type="checkbox"/>
Washing up liquid	<input type="checkbox"/>	<input type="checkbox"/>
Bags for rubbish	<input type="checkbox"/>	<input type="checkbox"/>
Insect repellent	<input type="checkbox"/>	<input type="checkbox"/>
Personal toiletries	<input type="checkbox"/>	<input type="checkbox"/>

Optional Extras

Sleeping bag liner	<input type="checkbox"/>	<input type="checkbox"/>
Camp footwear	<input type="checkbox"/>	<input type="checkbox"/>
Midge head net	<input type="checkbox"/>	<input type="checkbox"/>
Camera	<input type="checkbox"/>	<input type="checkbox"/>
Fun item	<input type="checkbox"/>	<input type="checkbox"/>
Walking poles	<input type="checkbox"/>	<input type="checkbox"/>

How to carry it

Rucksack	<input type="checkbox"/>	<input type="checkbox"/>
Rucksack liner	<input type="checkbox"/>	<input type="checkbox"/>
Dry bags or plastic bags	<input type="checkbox"/>	<input type="checkbox"/>

Food

Day 1	<input type="checkbox"/>	<input type="checkbox"/>
Day 2	<input type="checkbox"/>	<input type="checkbox"/>
Day 3	<input type="checkbox"/>	<input type="checkbox"/>
Day 4	<input type="checkbox"/>	<input type="checkbox"/>
Day 5	<input type="checkbox"/>	<input type="checkbox"/>

Expedition Food

Choosing the right expedition food is incredibly important for morale as well as energy.

How much food should I take?

Enough for each meal with lots of snacks and hot drinks to keep you going. Writing a menu plan for each day will help you decide how much you need.

Typical Bronze Expedition

Day 1 - Lunch, Dinner and snacks

Day 2 - Breakfast, Lunch and snacks

Typical Silver Expedition

Day 1 - Lunch, Dinner and snacks

Day 2 - Breakfast, Lunch, Dinner and snacks

Day 3 - Breakfast, Lunch and snacks

Typical Gold Expedition

Day 1 - Lunch, Dinner and snacks

Day 2 - Breakfast, Lunch, Dinner and snacks

Day 3 - Breakfast, Lunch, Dinner and snacks

Day 4 - Breakfast, Lunch and snacks

You will need to eat more than you would in a normal day in order to give you enough energy for the expedition. As a guideline we recommend between 2500 and 3500 calories per day.

How will I cook the food?

You will be provided with a Trangia stove. This will allow you to heat food and boil water. You can cook things like rice and pasta or boiled water can be added to dehydrated meals or used to heat up "boil in the bag" or Wayfarer Meals. You can't roast, bake or fry food on a Trangia stove.

You will normally be given two stoves per group; each stove has one burner, two pans and one lid.

You should only use the stove while in camp – so you can cook Breakfast and Dinner but not Lunch.

What should I consider when choosing what food to bring?

- Do you like it? There is no point bringing food that you don't like because you won't eat it.

- How much energy will the food give you?

Choose foods that have a high calorie content.

- Bring a balance of foods. Proteins and fats as well as carbohydrates. A mix of sweet and savoury foods. Foods which release their energy slowly like cereal bars and nuts as well as foods which release their energy quickly like chocolate and sweets.

- How long your food will take to cook? You may want food quickly after a long day walking – couscous takes 2 minutes to cook whereas rice needs 10 mins to boil.

- How easy will it be to wash up afterwards?

- How heavy and bulky is the food. For example a loaf of bread is bulkier than a pack of wraps or pitta bread.

- How is the food packaged? Food in glass jars or heavy tins is not suitable.

- Will it go off, or will it harm you if not cooked properly? Do not bring anything which needs refrigeration. Do not bring meat, poultry or fish unless they are cured or tinned.

What sort of food should I bring?

You can find lots of suitable expedition food in any supermarket.

Breakfast

Bread: wraps, brioche and pain au chocolate etc

Cereal: porridge or muesli with hot chocolate or powdered milk. Add dried fruit for extra energy.

Expedition breakfast meals.

A hot drink is essential, tea, coffee, hot chocolate or cup 'a' soup.

Cereal bars are not a proper expedition breakfast.

Lunch

Rolls or sandwiches are good for day 1, after that consider wraps, pitta bread, bagels, malt loaf, oat cakes or Ryvita.

Serve with cheese, tuna, corned beef, Peperami, smoked sausage, jam, pate or sandwich spread.

Fruit (apples and oranges are better than squishy bananas), dried fruit, cake, biscuits, chocolate, cereal bars.

Dinner - should be 3 courses

Starter

Something quick and easy for when you arrive in camp. Soup, noodles, wraps etc.

Main Course

Carbohydrate - pasta, boil in the bag rice, couscous or Smash.

Accompaniment – expedition meal, pasta sauce, tuna, Peperami, chorizo, grated cheese, herbs and spices.

Pudding

Custard, semolina and jam, cake, brownies, biscuits, cheese and crackers plus a hot drink.

Snacks

Cakes, malt loaf, flapjack, cereal bars, biscuits, chocolate, fruit, dried fruit, salted nuts, crisps and sweets (jelly babies, wine gums and Haribo are particularly good). Having a treat to share

Pendarren House DofE Expedition Guidelines

with your group (or your instructor 😊) can really help to lift morale if you are cold and tired.

Hot drinks

Hot chocolate, cup 'a' soup, coffee, tea and fruit or herbal teas.

Other things to pack

Ketchup, brown sauce or mayonnaise sachets, salt, pepper, sugar and powdered milk.

Emergency rations

You should have some spare food set aside – just in case. You can eat this on your way home if you haven't needed it during the expedition.

Foods not to bring

- Do not bring anything that will go off or may give you food poisoning.
- Do not bring anything that needs refrigeration.
- No meat, poultry or fish unless they are cured or tinned.

Organise your food

- Make a bag for each day and then bag up each individual meal into that day's bag.
- This will help you work out how much to bring. It will also help you to ration your food so that you don't get carried away and eat tomorrow's lunch.

How much will I need to drink?

You should drink at least 3 litres of water each day to stay hydrated.

Water is heavy so there is no need to carry a full day's supply but we would recommend carrying at least 2 litres.

There will be a water supply at your campsite to cook with and refill bottles. We suggest you use this water supply to hydrate well in camp before and after walking.

Hot drinks are an excellent way of hydrating and warming yourself up.

What will I do with my rubbish?

Depending on the location you may need to carry all your rubbish with you for the duration of your expedition.

Everyone should carry their own rubbish; if it's all collected together it becomes unmanageable. Consider this when you are buying and packing your food. Remove all excess packaging before your trip.

How will I wash up?

You will have access to water at your campsite. Some campsites will have a tap, but hot water will be a luxury.

If you plan your meals carefully you may not have much to wash up, however if you burn something to your pan, you may be scrubbing for a long time to get it clean.

We encourage participants to plan their menus using suitable foods which can be found in any supermarket and our Expedition Preparation Guide has lots of helpful ideas.

There are also a number of specialist expedition meals available. These can be a handy addition to a menu plan and are an easy way to ensure that participants get a substantial, hot and tasty meal during their expedition. We recommend: Wayfarer / Beyond The Beaten Track Meals type meals. These are ready cooked "wet meals" which come sealed in a tough pouch.

They can be eaten cold or heated by submersing the sealed pouch in hot water for 7 mins. Each meal weighs 300g.

Although these are complete and balanced we would recommend that you eat them with extra Carbohydrates; Rice, couscous, pasta, noodles or smash.

And finally...

We would like your expedition to be as enjoyable as possible. We hope the advice we have given will help you to make wise choices about what you need to bring and how to pack it.

You should drink at least 3 litres of water each day to stay hydrated. Hot drinks are an excellent way of hydrating and warming yourself up.

Do not bring anything which needs refrigeration. No meat, poultry or fish unless cured or tinned.