



Name & Group:

Expedition Preparation Guide



To inspire young people to develop initiative and a spirit of adventure and discovery by planning, training for and completing an adventurous self-sufficient journey as part of a team.

If you have questions you may find the answer on our website www.azexpeditions.com/faqs.
If you need further advice please contact us.



01981 550 433
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Walking Boots

- Walking shoes or trainers are **NOT** suitable, neither are fashion boots such as Timberlands or DMs.
- 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 good tread, suitable for muddy ground.
- The boots should be waterproof. Either by membrane or leather with wax applied.
- Make sure they are always done up properly. Laces can easily get caught, causing you to trip and injure yourself.
- 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.



Waterproof jacket and trousers

- Both are essential.
- They **MUST** be waterproof.
- Ensure that they have taped seams to stop the water leaking through, you can check this by looking at the seams on the inside.
- Jackets must have a hood.



Mobile Phones

Participants should bring their mobile phone to the expedition **for emergency use only**. All phones will be switched off and sealed in a bag provided by A to Z Expeditions for the duration of the expedition. Participants who do not adhere to our mobile phone policy may be removed from the expedition programme.

Yes Please:

- Bring them to the expedition.
- Ensure they are fully charged and serviceable.
- Emergency use only.

No Thanks:

- Contacting home.
- Social Media.
- Monitoring location.
- Any use, outside of A to Z Expeditions emergency procedures.



Consent and Medication

- Parents will be sent a link to our online consent system. This must be completed prior to participation in the expedition programme.
- Parents **MUST** declare any medical conditions and current medication for the participant.
- Medical Follow-Ups will be carried out for some conditions.
- Medication declared on the consent form **MUST** be present on the expeditions, in-date and in sufficient quantities for the duration.
- Remember to pack any personal medication that you use eg, asthma inhalers, epipens, antihistamines, paracetamol etc.
- Your group will be issued with a group first aid kit but you should carry your own blister kit containing blister plasters (Compeed) and zinc oxide tape.

**REMEMBER TO PACK ANY
PERSONAL MEDICATION
THAT YOU USE**



Kit - What to Wear

Clothing

You should look for items which are warm, quick-drying and light.

Lots of layers are much better than one thick top. Synthetic base layers and fleeces are best. DO NOT wear jeans and avoid cotton hoodies, and other cotton items. When it gets wet cotton becomes very heavy, does not dry quickly and will not keep you warm.

Clothing to walk in

- Underwear.
- Base layer top. Consider the season; light and wicking in the summer, thermal and warm in Spring/Autumn.
- Thin fleece.
- Walking trousers. Sports leggings are fine but DO NOT bring cotton or leggings that are see through.
- Walking socks.

Waterproof jacket and trousers

- Both are essential.
- They must be waterproof. "Windproof" or "Water Repellent" are not sufficient.
- Ensure they have taped seams to stop the water leaking through, you can check this by looking at the seams on the inside.
- Jackets must have a hood.

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.

Kit - What to Pack

	Please Tick		
Rucksack - 65Ltr	<input type="checkbox"/>	Expedition Food (see following pages)	<input type="checkbox"/>
Waterproof Rucksack Liner	<input type="checkbox"/>	Spoon / Fork	<input type="checkbox"/>
Spare Clothes		Cup	<input type="checkbox"/>
• Underwear	<input type="checkbox"/>	Bowl	<input type="checkbox"/>
• Socks	<input type="checkbox"/>	Water bottles (2 x 1 Litre)	<input type="checkbox"/>
• Base layer top	<input type="checkbox"/>	Headtorch	<input type="checkbox"/>
• Thick fleece	<input type="checkbox"/>	Optional	
• Thin fleece	<input type="checkbox"/>	• Walking poles	<input type="checkbox"/>
• Walking trousers	<input type="checkbox"/>	• Sleeping bag liner	<input type="checkbox"/>
Warm hat, sun hat and gloves	<input type="checkbox"/>	• Midge head net	<input type="checkbox"/>
Sleeping bag, 3 Season	<input type="checkbox"/>	• Camera	<input type="checkbox"/>
Sleeping mat	<input type="checkbox"/>	Group Kit	
Compass	<input type="checkbox"/>	• Matches / Lighter	<input type="checkbox"/>
Watch	<input type="checkbox"/>	• Washing up kit	<input type="checkbox"/>
Whistle	<input type="checkbox"/>	• Sun cream	<input type="checkbox"/>
Mobile phone	<input type="checkbox"/>	• Toothpaste	<input type="checkbox"/>
Personal medication	<input type="checkbox"/>	• Insect repellent	<input type="checkbox"/>
Personal 1st aid items	<input type="checkbox"/>		
Toiletries	<input type="checkbox"/>	Knives should not be brought to any expedition. This includes pocket knives, and multi tools with a blade of any length.	
Period products	<input type="checkbox"/>		

Please note that the above kit lists are the minimum kit required for all expeditions. Expeditions early or late in the season can experience particularly bad weather, so you could need more spare clothing. On your in school Training Day, you will be given kit advice specific to your expedition programme. If you are attending an Open Expedition then please contact us with any queries regarding kit.

Packing - Rucksack

Rucksack

- A 65 litre rucksack is ideal.
- 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 waterproofed (e.g. in a heavy duty refuse sack) 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 because rucksacks are not waterproof. Rucksack covers are not a replacement for a liner.
- You can buy rucksack liners or make one using a survival bag (thick orange plastic bag) or a heavy duty refuse sack. Bin liners are too thin and rip easily so are **NOT** suitable.
- You should pack your kit into waterproof bags, This will further waterproof your kit and help you organise your rucksack.
- You can use specialist dry bags but heavy duty refuse sacks are a cost effective, practical option.

IF YOU DO NOT SUITABLY WATERPROOF YOUR KIT, YOU WILL NOT BE ALLOWED TO TAKE PART IN THE EXPEDITION.

The ABC of packing

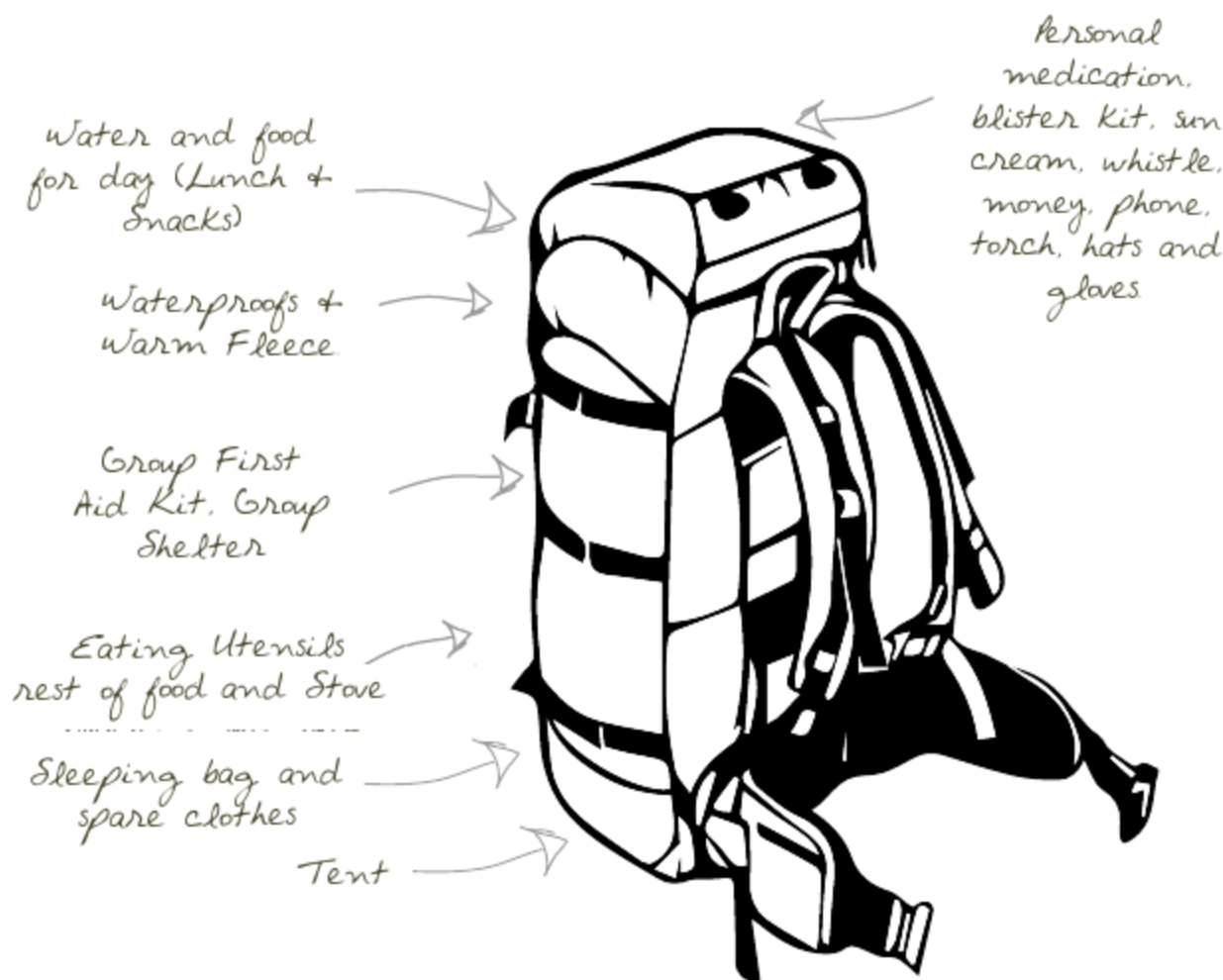
Accessibility – think about when and how often you are going to need each item during the day and organise your bag accordingly. Pack frequently used items near the top or in side pockets and items you won't need until camp at the bottom of your bag.

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.

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

Dangling is **NOT** allowed – do not strap anything to the outside of your bag. The only exception is your foam roll mat which should be protected with a heavy duty refuse sack. If you can't fit everything in your rucksack, **you are carrying too much!**

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.



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. With this you can heat food and boil water. You can cook things like rice and pasta, heat up 'boil in the bag' meals or add the hot water to dehydrated food. You cannot 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 can only use the stove when in camp. You can cook Breakfast and Dinner, but not Lunch.

What should I consider when choosing food?

- 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.
- Allergies – consider group members' food allergies when deciding on a menu plan.

What sort of food should I bring?

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

Breakfast

Breads: wraps, brioche and pain au chocolate etc
Cereal: porridge or muesli with hot chocolate or powdered milk. Add dried fruit for extra energy.
Boil in the bag or dehydrated expedition breakfast meals
Cereal bars on their own are not enough, but they are great to eat in addition to any of the above.
A hot drink is essential; tea, coffee, hot chocolate or a cup 'a' soup.

DO NOT BRING ANYTHING THAT NEEDS REFRIGERATION. NO MEAT, POULTRY OR FISH UNLESS CURED OR TINNED

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, herbs and spices.

Pudding

Cake and custard, semolina and jam, brownies, biscuits, cheese and crackers with a hot drink.



Expedition Food



YOU SHOULD DRINK AT LEAST 3 LITRES OF WATER EACH DAY TO STAY HYDRATED

Snacks

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

Foods not to bring

- Do not bring anything that will go off – it could give you food poisoning.
- Do not bring anything that needs refrigeration.
- No meat, poultry or fish unless they are cured or tinned.
- Avoid bringing foods that your team members are allergic to.

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?

You need to carry all of your rubbish with you for the duration of your expedition.

Everyone should carry their own rubbish; if it's collected together it becomes unmanageable.

Consider this when you are buying and packing your food.

Remove all excess packaging before your trip and re-use bags to put your waste in.

HOT DRINKS ARE AN EXCELLENT WAY OF HYDRATING AND WARMING YOURSELF UP

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. Remember to bring something to clean your pans, such as a scrubber, washing up liquid or brillo pads.

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.

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.

If you have any questions please visit our website

www.azexpeditions.com

or you can contact us

info@azexpeditions.com

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Post Expedition

After you have finished your expedition and safely returned home you will need to spend a bit of time taking care of yourself and your kit.

Blisters

These should heal within a week. They can be painful when they heal but you shouldn't need to see a GP.

- Cover blisters that are likely to burst with a soft dressing.
- Do not burst a blister yourself.
- If a blister does burst then allow the fluid to drain and cover with a clean dressing or plaster. Wash your hands first!
- See your GP if the blister is very large or painful, or if it may be infected. Signs of infection are the skin being red and hot or the blister is filled with green or yellow pus.

Insect Bites

To treat an insect bite or sting:

- Remove the sting or hairs and then clean with soap and water. For tick removal see section below.
- Applying a cold compress and elevating can alleviate swelling.
- Try to avoid infecting the bite by scratching it.

Tick Removal

You will not feel a tick bite, so please check yourself carefully after the expedition.

Our expedition First Aid Kits contain tick removal tools and we can show you how to use these. If you find a tick after you have returned home and do not have a tick remover then you can use other techniques.

1. Use a pair of fine tipped tweezers that will not crush the tick.
2. Loop cotton thread around the neck of the tick.

For both methods you should:

- Grip the tick as close to the skin as possible.
- Pull steadily away from the skin, without crushing the tick.
- Take care to remove the entire tick – its head is buried in your skin.
- Wash your skin with soap and water.
- Apply anti-septic cream.
- Look out for symptoms of Lyme Disease* and see your GP if you have any concerns.

* Bulls-eye rash, high temperature, feeling hot & shivery, headaches, muscle & joint pain, tiredness & loss of energy.

Detailed information and advice can be found on the NHS website: www.nhs.uk/conditions/lyme-disease

Personal Expedition Kit

If you spend some time re-setting your kit straight after your expedition then it is more likely that it will last longer and will be in good condition for the next time you need it.

Boots

Nobody likes cleaning boots but it's important to look after them. Cleaning them thoroughly and waterproofing them will ensure that they are ready to go next time you need them.

Method 1: Allow the mud to dry and brush with a stiff brush.

Method 2: Whilst still wet use a soft brush under the hosepipe. Allow to dry naturally and reproof/wax if required.



Waterproofs

Reflect on how well they worked on your expedition. Do you need to re-waterproof them with a wash-in product?

Sleeping Bag

Get it out, turn it inside out and thoroughly dry it. If you have a synthetic bag then a quick wash might be appropriate... or maybe a bit of Febreze.

Eating Items

Make sure you clean your eating utensils and plates / cup thoroughly as it is likely that they are a bit dirty from your expedition. It's important to rinse out any water bottles, especially if they contained squash and store them with the lid off to avoid an 'off' taste/smell next time.

Look after your kit...

If you look after your kit and store it properly it can be used for future expeditions and adventures, or maybe by friends who need to borrow some equipment.

