

Kandersteg Expedition Kit List 2017

To be handed in prior to travel

Passport
Medication
Pocket money (Swiss currency)

To be worn on departure

Top half Scout Uniform (not group T-shirts) – Scarf will be provided.

Rucksack for Journey (~35 Litre)

Camera (optional)
Wallet
Some spending money (English currency)
Waterproof jacket (breathable and taped seams)
Spare t-shirt, trousers and underwear (just in case of missing luggage!)
Everyday trainers

To be packed in a 50-65 litre expedition rucksack (going on van)

Walking boots (MUST have ankle support and a good sole)
3-4 season sleeping bag
Sleeping mat (thick foam or self-inflating, must be carry size/weight)

Mobile phones / electronic games

We strongly recommend you do not bring mobile phones, iPads or other electronic devices. There will be NO charging facilities and call/data charges will be higher from outside of the UK. Calls home can be facilitated through the campsite, leadership team or messages passed through the home contact if necessary.

To be packed in an 80-100 litre holdall for the plane (20Kg Max Weight)

2 litre water bottle/ water bladder (1x2L or 2x1L)
2 pairs of gloves (1 thick and 1 thin)
Activity trainers (for climbing, onsite activities etc.)
Activity trousers (NO jeans, must be at least 65% manmade material – i.e. tracksuit bottoms, Ron Hills, exercise leggings etc.)
Baselayer/thermal long sleeved top and bottoms
Buff/Neck warmer
Everyday socks
Fleece or thick jumper (At least 65% manmade material)
Head torch and spare batteries
Hiking socks (Not ski socks)
Jumpers – thin fleece or sweatshirt
Knife, fork, spoon, plate bowl, mug
Pea- less plastic whistle
Penknife (optional)
Personal first aid kit
Pillow
PJ's
Rucksack liners (rubble bags, dry bags etc.)
Shorts
Sleeping bag liner
Spare laces
Sun cream
Sun hat
Sunglasses
Survival bag
Swimwear
T-shirts (Dry flow, football shirts etc. At least 65% manmade material)
Tea Towel
Underwear
Warm hat
Wash kit and 2 towels
Waterproof trousers (breathable and taped seams)

Kit Advice

Most outdoor retailers will be able to help you with good kit selection, but this section of the kit list gives some tips and tricks concerning kit, what things to look for and what to avoid. These are all recommendations, and if you are not sure about what kit to look for contact a member of the leader team.

It is advised for the bigger kit items, such as walking boots, sleeping bag and expedition rucksack, to be purchased within the few weeks before the kit check in July - that way if any item is deemed inappropriate it can be easily exchanged.

Useful local stores:

Complete Outdoors (www.completeoutdoors.co.uk)

Cotswold Outdoor (www.cotswoldoutdoor.co.uk)

Millets (www.millets.co.uk)

Blacks (www.blacks.co.uk)



Most outdoor retailers will offer Scout discount so don't forget to bring the kit list or some sort of Scouting identification when you go shopping!

Clothing

Some of the items in the kit list have specified the material make up (i.e. 65% manmade materials), this has been done so to ensure clothing items are low in cotton. Cotton easily absorbs sweat and other liquids and take a long time to dry, meaning that it can conduct heat away from the body in cold conditions and can cause discomfort. Clothing such as wicking t-shirts and football shirts have high manmade material content making them ideal for activities.

For any kit advice, contact Amy Shelley (the.amy@live.com) or Frank Monnington (frank@hemeexplorers.org.uk)



Walking Boots

What you want	What you don't want
	
<ul style="list-style-type: none"> ✓ Good ankle support (look for a mid-boot or full ankle boot) ✓ Sturdy sole (an easy way to test this is to grasp the heel and toes and try twist the boot) ✓ Waterproof ✓ Comfortable 	<ul style="list-style-type: none"> ✗ No ankle support ✗ Not as waterproof as a boot ✗ Inappropriate for mountain walking ✗ Overly flexible sole
<p>Good walking boots do not have to break the bank. Make sure the boots offer good ankle support and have a good sole – look for boots with mid or high ankle support.</p> <p>For those not wishing to spend much, Hi-Tech boots offer excellent value for money (Hi-Tech Storm £49.99), whereas those wishing to make more of an investment may consider Salomon, Merral, or Meindl boots.</p> <p>Every boot fits differently so it is important to try them on. Bring thick socks when trying boots on to make sure you get the right fit for you. Most shops will allow you to wear them around the house and return them if they're not right. Modern walking boots do not require a significant breaking in period, meaning it is not entirely necessary to purchase them months in advance (especially if feet are still growing!).</p>	

Waterproofs

What you want	What you don't want
  	 
<ul style="list-style-type: none"> ✓ Taped seams ✓ Breathable ✓ Waterproofed zips (either coated zip or have storm flap) ✓ Hooded Jacket ✓ Membraned 	<ul style="list-style-type: none"> ✗ Non-taped seams ✗ Non-membraned ✗ Non-waterproofed zips
<p>The main things to look for in a waterproof jacket is taped seams and waterproofed zips, as these are essential elements for a jacket to be classed as waterproof. It is best if the jacket is membraned as it makes the jacket more breathable.</p> <p>A popular jacket amongst Scouts and DofE participants is the Tresspass Corvo (Gents) and the Tresspass Miyake (Ladies) jackets (£39.99) due to its good quality for a reasonable price.</p>	

Expedition Rucksacks

What you want	What you don't want
	
<ul style="list-style-type: none"> ✓ Wide hip belt ✓ Wide shoulder straps ✓ Chest strap ✓ 50-60 litre capacity 	<ul style="list-style-type: none"> ✗ No hip belt ✗ Non-padded shoulders ✗ No back adjustment
<p>Expedition rucksacks are made to be carried on the strongest part of the body – the hips. It is essential that your expedition rucksack has a wide and padded hip belt which can adjust to your hip size. Padded shoulders and back will add comfort to the bag, and a chest strap will help to keep it on the shoulders.</p> <p>Whereas it may be tempting to opt for a bigger bag, a bag between 50 and 65 litres will allow you to carry the essentials – you will always tend to fill an expedition bag to the brim, so a bigger bag may mean a heavier bag!</p> <p>Some bags to consider may include the Vango Contour 50 (£59.99), and the Berghaus Trailhead 65 (£89.99). However, all expedition bags are adjustable so ask around and see if you can borrow one. Because they are adjustable, make sure you get it to fit you properly – most retailers can help you with this.</p>	

Sleeping Bag and Sleep Mat

What you want	What you don't want
	
<ul style="list-style-type: none"> ✓ 3-4 season sleeping bag ✓ Thick foam mat or self-inflating mattress ✓ Comfort temperature ~0°C 	<ul style="list-style-type: none"> ✗ Less than 3 season sleeping bag ✗ Non-packable size
<p>Despite it being summer, it gets cold at night in the mountains. This means you will need a thicker sleeping bag and a good roll mat to keep warm.</p> <p>As we will be doing an overnight hike, the sleeping mat will have to pack up relatively small to fit inside your expedition bag and be light enough to carry.</p> <p>These products can cost lots but you can find some bargains, so it is worth some investigation to find one that suits you and your budget (Eurohike Adventurer 300, £40). 3 season bags will likely be smaller and lighter than a 4 season, but not as warm. However, adding a sleeping bag liner to a bag will increase its warmth, and what clothes you choose to sleep in and what you sleep on will make a huge difference.</p> <p>If you opt for a foam roll mat, ensure it is relatively thick to provide maximum insulation. Otherwise self-inflating mattresses are not too expensive and offer much better protection from the ground (Vango Trek Mat £19.99).</p>	

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