



SCOTLAND

Kit

# What to wear



## Base layer

- Quick-drying
- Light weight



## Warm tops

- Fleece
- Light weight



## Trousers

- Light weight
- Comfortable
- Quick-drying



## Socks

- Thick and comfortable
- Higher than boot
- Made from wool

# What to wear



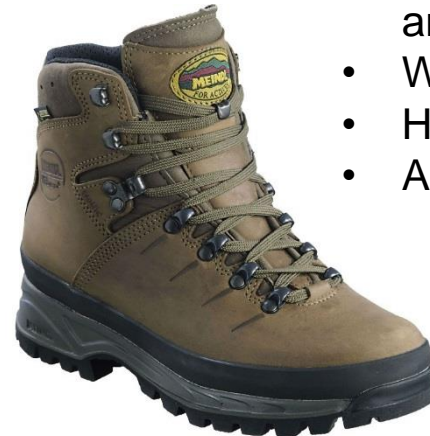
## Waterproof jacket

- Waterproof fabric (Gortex, E-vent)
- Light weight
- Breathable



## Waterproof trousers

- Waterproof fabric (Gortex, E-vent)
- Light weight
- Breathable



## Boots

- Sit and laced above the ankle
- Waterproof fabric
- Hard wearing
- A good grip sole (Vibram)

# What NOT to wear



- NO JEANS
- No cotton
  - Heavy
  - Does not dry quickly
  - Stays cold



- No trainers
  - No ankle support
  - Poor grip
  - Not waterproof

# Layering system



## Base Layer

Helps to regulate your body temperature and wick away moisture from your skin.



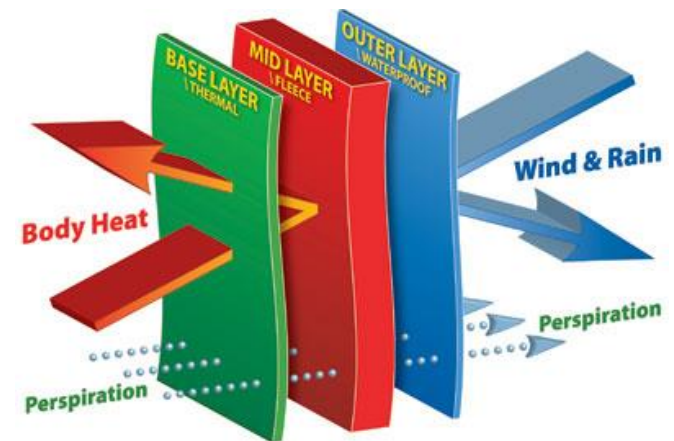
## Mid-layer

Used to trap the warmth your body generates



## Outer-layer

Protects you from wind and rain



# What else do you need?



## Gloves

Your hands will be the first things to get cold. Cold hands can make simple tasks like getting into your rucksack or tying your boot laces difficult. Have multiple pairs.



## Hats

You lose a huge amount of heat out of your head. Have multiple hats.

# What else do you need?



## Roll Mat

- To sleep on
- Protects you from the cold ground



## Water bottle

Minimum 1 Litre



## Sleeping bag

- Keeps you warm
- At least 2 season
- Pack down to a small size
- Waterproof bag to hold your sleeping bag



## Rucksack

- 50-60 Litres
- Comfortable waist and shoulder straps

- It is critical that you have some specific personal equipment
  - Waterproof Jacket and trousers;
  - First aid kit;
  - Walking Boots;
  - Waterproof bag for your sleeping bag.



## [Westhill DofE Kit List](#)

- Friends and family
  - It is not necessary to buy all kit new, see what you can borrow from friends and family.
- Westhill open award group have equipment you can borrow
  - Tents
  - Stoves
  - Rucksacks
  - Compass, map and map case
- Various outdoor stores
  - [WWW.DofESHOPPING.ORG/EXPEDITION-KIT](http://WWW.DofESHOPPING.ORG/EXPEDITION-KIT)
  - Blacks <https://www.blacks.co.uk/>
  - Go Outdoors <https://www.gooutdoors.co.uk/>
  - Craigdon Sports <https://www.themountainedge.com/>
  - Cotswolds Outdoors <https://www.cotswoldoutdoor.com/>
  - Millets <https://www.millets.co.uk/>
  - And many more

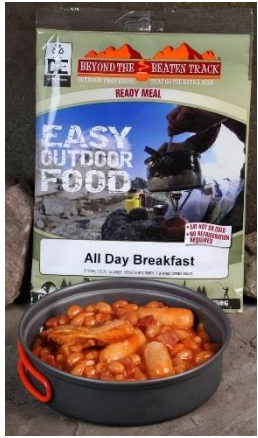


SCOTLAND



Pack your rucksack

# • What are you carrying?



# Type of bag



# Fitting my rucksack

## How to fit my rucksack

1. Loosen all straps before putting on.
2. Tighten the waist strap to fit snugly on your hips. Remember this is where most of the weight will be supported.
3. Adjust shoulder straps. You may need to raise or lower the shoulder straps according to your height. The straps should fit close to your shoulders.
4. It may be necessary to adjust the length of the rucksack



# How to pack

- Rucksacks are water resistant not waterproof. Make sure there is a waterproof cover and you use liner.
- Clothes and sleeping bags need to be stored in a waterproof bag.
- Items you need quick access to at the top.
- Items you will need at the end of the day at the bottom.
- Heavy items close to your back.
- Approx. weight 10kg – 14kg.





SCOTLAND



Tents



**Pop up tent**  
Just NO!



**1 Person tent**

- Light
- Not a lot of space
- Easy to pitch



**2 Person tent**

- Light
- Bigger porch area
- Simple to pitch



**3 Person tent**

- Heavy
- More space
- Harder to pitch



# Pitching your tent

- Select a suitable place to pitch your tent.
  - Avoid trees, dips where rain could gather and streams which could flood.
  - Level, smooth(ish)
- Clear away any stones and sticks which could damage the tent.
- Work together – you are a team.
- Be careful when putting the poles through the sleeves – be gentle as tents are fragile!!
- Make sure all the guy-ropes are pegged down tightly.



# Looking after your tent

- Be careful when pitching your tent. Avoid forcing poles into place, this can result in damage to the tent.
- Same goes for taking it down.
- Take your boots off and be careful with the zips as tents are quite fragile.
- Clean out the tent of any debris and rubbish before taking it down
- After each trip it is essential that you dry out and air your tent. Do this by putting it up in a cool and dry environment. Example - garage.
- Make sure you pack it away dry and clean. This prevents the tent becoming mouldy.





SCOTLAND



At the campsite

# Be a considerate camper

- Keep your campsite clean & safe
  - Don't leave bags lying that could be blown away
- Litter
  - Keep the environment clean and safe. Have a rubbish bag to collect rubbish and take your litter home.
- Fires
  - On expedition always use a stove to cook. Camp fires can cause great environmental damage and danger as they can go out of control and flare up after they are believed to be extinguished.

- Leave no trace
  - <https://www.wildernessscotland.com/about-us/sustainability/leave-no-trace/>