

# OP4U



## EXPEDITION PLANNING GUIDE



# ACTION PLAN

- Meet as a team
- Individual action plans leading up to the expedition

Discuss the following as a team:

- What month do you want to do your expedition?
- What activities do you want to do?
- What equipment do you need?
- What/who/where can you get extra funding?

Create your own individual action plan

- What do you need to prepare for the planning weekend?
- Who needs to do what before the planning weekend?

## IDEAS FOR KIT LIST

This will provide a guide of what you need to take on expedition.

### Clothing

Boots  
Socks x 2  
Underwear  
Trousers  
Shirts  
Sweater/Sweatshirts  
Woolly hat  
Gloves  
Waterproof jacket  
Gaiters (not essential)

### Personal & Emergency Equipment

Map & map case  
Watch  
Compass  
Whistle  
Emergency rations  
Matches  
Torch (+ spare batteries and bulb)  
Bivvy bag  
Spare clothing  
First aid kit  
Water bottle (1L)  
Notebook & pencil  
Coins for phone

### Personal Camping Equipment

Rucksack  
Sleeping bag  
Karrimat  
Trainers  
Wash kit & towel  
Mug & plate  
Knife, fork & spoon

### Group Camping Equipment

Tent  
Stove  
Fuel  
Pans  
Water container (optional)  
Washing up liquid (Eco)  
Scouring pad  
Cloth/Tea towel  
Toilet paper

## PERSONAL EQUIPMENT

### Walking Boots

Must have a strong cleated sole to grip well in all weathers

Boots need a high padded ankle to give support on rough ground

Most boots now come with a 'sewn in tongue' which helps keep your feet dry. Laces should fasten through D-rings or on hooks rather than eyelet's which let water in

Leather or fabric boots are acceptable, however either will need treating to ensure they stay waterproof

You should ensure your boots fit well with two pairs of socks and that they are well worn in before your expedition

### Socks

It is usual to wear two thick pairs to help cushion your feet when walking. Wool or wool mix are best, nylon football socks are not suitable. It is also useful to have a spare pair

### Clothing

It is best to wear two or three thinner layers than one thick layer of clothes, as air trapped between layers provides insulation. This also allows you to regulate your temperature by taking off or adding layers.

There is vast range of specialist clothing available, however this is expensive and unnecessary

Any T-shirt is acceptable as a base layer, but a nylon football shirt or similar is better as they do not absorb perspiration as readily

Outer layers – a fleece pullover or jacket is ideal, but by no means essential. Two sweatshirts will be fine

### Trousers

These should allow good freedom of movement (essential for climbing stiles etc)

Tracksuit trousers, legging or similar are acceptable. The best specialist item are Ron Hill running trouser which are relatively inexpensive

### Waterproofs

Jacket - must be capable of keeping you dry in the wettest conditions, so it must be heavy weight proofed nylon and should be thigh length

A full length, two way zip will assist freedom of movement and can be opened to allow air circulation. A hood with a draw cord is essential as are adjustable or elasticated cuffs

Condensation is a problem with waterproofs and most have vents in the back

At the top of the range are Gore-tex or similar breathable fabric jackets, while these improve comfort by reducing condensation, they are rather expensive

Trousers – as with jackets they must be heavy weight proofed nylon. A draw cord waist is very useful, also a zip up to the knee makes it easier to put them on or off over boots

**Note** – you may not wear your waterproofs so they should fold reasonably small and not be too heavy

### **Gloves and Hat**

Essential to prevent heat loss in cold weather, any wool or man made material will do the job

A balaclava is useful as it can be folded up to be a hat

In hot weather a baseball cap is very useful

### **Gaiters**

Not essential, but useful for keeping mud and water out of your boots

## **PERSONAL AND EMERGENCY EQUIPMENT**

**Map** – Suitable for the chosen area. Preferably OS 1:25,000 or 1: 50,000.

**Compass** – Silva type compass

**Map Case** – a must for keeping your map dry. A thick, transparent plastic bag will do.

**Whistle** – for attracting help

**Torch** – any will do, but you must have spare batteries and bulb. A head torch is useful if you want to splash out

**Bivvy Bag** – a large 6' x 3' orange plastic bag, also called a survival bag

**First Aid Kit** – ready made kits are available, but you can put your own together.

**Water Bottle** – a strong crack proof 1 litre bottle is needed. These can be bought or a strong plastic bottle is suitable.

## PERSONAL CAMPING EQUIPMENT

### **Rucksack**

This must be comfortable as you will be carrying everything in it

Size – around 65 litres should be adequate

Frame – most modern sacks have either an internal frame or an adjustable back system on two metal rails. Older bags have an external frame, however the most important thing is to ensure the back is well padded

Straps – must be well padded. A good hip belt will make load carrying much easier

A good shop will let you try the rucksack with some weight in it before buying

The top manufacturers (Karrimor, Berghaus etc) are expensive, there are many good rucksacks from other less well know manufacturers at much cheaper prices

### **Sleeping Bag**

Must be warm enough for spring and summer use(2 season bag)

Man made fibre will keep you warm even when they are wet, pay attention to the packed size as you have to fit it in your rucksack

Down bags are light and pack small, but are useless when wet and very expensive

### **Sleeping Mat (Karrimat)**

A roll of closed cell foam, providing excellent insulation from the ground when sleeping

### **Mug, plate, bowl etc**

These need to be plastic/unbreakable

# GROUP CAMPING EQUIPMENT

## Tents

A wide variety are available with domes and hoop tents being popular. Largely a matter of personal choice and what is available to borrow

Pay attention to the weight (you have to carry it)

Don't spend a lot of money on mountain tents or very light weight models as these are not essential

Your tent should have a sewn in ground sheet and a waterproof flysheet

## Stoves

There are two main types of stove in common use, Gas or Trangia

**Gas Stoves** – (either self-sealing or pierceable cartridges)

These are light and easy to use, however they do not work well in the cold or in wind.

All new models are designed to fit the self-sealing cartridges

**Prices** – Epigas and Coleman produce small light stoves from £25 - £30. You will need pan to go with these

**Trangia** – (methylated spirit burning)

A complete stove and pan system, which includes pans and windshield. Very good in the cold and excellent in wind, stable and easy to use. The main drawback is that meths is highly flammable and must be used with great care

**Prices** – There are two sizes available, the larger '25' model is around £38 and better for group use

## Fuel Bottle

If using a meths stove you will need a crack proof bottle. A plastic Sigg bottle is ideal.





## *Checklist for Planning*

<b>TASK TO BE COMPLETED</b>	<b>ACTION NEEDED</b>	<b>PERSON RESPONSIBLE</b>	<b>DATE TO BE COMPLETED</b>	<b>DONE √</b>	<b>ADDITIONAL INFO</b>
Decide the duration of the expedition					
Decide the dates of the expedition					
Agree on the equipment needed	List equipment you have  List equipment to borrow				Must include emergency sheet with casualty details, emergency procedures and phone no's
Plan a route	Complete a route card				
Select campsites	Obtain phone no's for selected sites Ring and book Check cost and facilities				
Plan a menu	List food & drink etc Cost – who to pay Who to buy				
Create a first aid kit	List contents Decide how many per group Make up kits/borrow kits				
Create emergency rations	List for each person Put together				
Make two tracings of route					
Identify any further training required	Who? What?				
Obtain access					
Check each others medical needs					
Establish channels of communication	List all emergency phone no's List your group's phone no's				
Obtain a weather forecast the day before					
Check out local knowledge and forecasts					
Establish responsibilities	Group leader In charge of funding In charge of equipment In charge of duties In charge of menus				
Establish cost and funding	How much provided How much you pay How much fund raising				
What skills does the group need	List activities List skills List required peoples skills				
List your aims for the expedition	Individual aims Group aims				





## THE BUDGET

EXPENDITURE +/-	Supposed	Actual	
	£	£	
£			
Pre-expedition training courses			
Expedition clothing			
Personal equipment			
Advance party			
Rear party			
UK travel			
Photography			
Minibus fuel (20p per mile)			
Air/boat fares			
Freight			
Overseas travel			
UK accommodation			
Overseas accommodation			
Camping/hut fees			
Hostel fees			
National park fees			
Food en transit (£10 per person per day)			
Food on expedition (as above)			
Camping equipment hire			
Camping stores			
First aid stores			
Stove fuel			
Insurance (travel/medical)			
Personal equipment insurance			
<b>East Barnby staff/buses/equipment/ Insurance (£225.00 per day)</b>			
<b>TOTAL</b>			



### **Kit List – provided by EBOEC**

Tarpaulin/Tent (depends on the weather)  
Sleeping Bag  
Karrimat  
Survival Bag  
Trangia  
Fuel  
Food  
Drinks  
Crocery  
Cutlery  
Water Carriers  
Washing up Liquid & Cloths  
Tea Towels  
Toilet Paper

Canoe  
Buoyancy Aid  
Helmet  
Paddle  
Dry Bags  
Head Torches  
Bin Bags  
Walking Ropes  
Compass  
Maps  
1<sup>st</sup> Aid Kit  
Whistles  
Trowel

### **Kit List – provided by yourself**

Walking Boots  
Waterproof Top  
  
Waterproof Bottoms  
3 Sets of Warm Clothes  
4 Pairs of Socks  
1 Pair of Trainers  
1 Pair of Wellies  
Torch

Day Rucksack  
Waterproof Liner  
(for rucksacks)  
Flasks/Drinks Bottle  
Hat/Cap  
Gloves  
Sunscreen  
Wash Kit  
Towel