

# The Bishops Epic Equipment list

## INTRODUCTION

### **General**

You will find attached an equipment list for your Bishops Epic. The list has been prepared with both safety and comfort in mind. We recommend that you read the list carefully when preparing your clothing and equipment.

The equipment list is specific to your expedition (location and season have been taken into account). Although your expedition is during the summer, the Cederberg can attract cold and wet weather at any time throughout the year, so you will need to be fully prepared for it. Equally the heat and intense sun will have an effect on the expedition and the clothing and equipment that you choose.

It is advisable to try to **avoid spending too much money on equipment and where possible borrowing certain items from friends, relatives**. The most important options that you need for the expedition will probably be walking boots, a rucksack, sleeping bag and a waterproof jacket (supplied by the school via Hi-Tec).

### **Cost versus Quality**

Do not feel that you have to buy the most expensive items. If you are unable to borrow the equipment there are a number of outlets (eg: Hi-Tec, Outdoor Warehouse, School Shop) and have a number of pricing options for most styles of clothing and equipment suitable for your expedition.

## PERSONAL KIT LIST – CEDERBERG

### **General**

The purchase of equipment is a sensitive issue and care should be taken when putting together your personal expedition kit. Where possible keep the cost sensible and borrow any items that you can.

Also please be cautious when seeking advice, especially from people that may not have been to the destination. Advice gleaned from other parties may be inaccurate for the season and the type of expedition that you are going to undertake.

## Rucksacks

These can vary enormously in price and specifications. When choosing a rucksack (we recommend a 65 + 15 litre) remember that, when fully loaded, an uncomfortable rucksack could make your life miserable as well as being bad for your back so try on several styles. Put weight in the rucksack and walk around the store adjusting the straps to see if the rucksack is suitable. Many rucksacks also have adjustable backs, which allow for a more comfortable fit. The bigger the rucksack you buy the more equipment you will be tempted to take with you. The lighter and more compact your equipment the smaller the rucksack you will need and the more comfortable you will be on expedition. Remember most rucksacks are not waterproof so it is essential to line your bag (if the weather intends to be ominous) with a waterproof liner, but avoid kitchen disposable bin liners, as these are too flimsy. A variety of tough bags are available from outdoor stores, ranging from sturdy bin bag style liners to sophisticated waterproof bags. DIY shops also offer a range of rubble or garden bags. Do also remember that you will need to keep free about 10 litres of space in your rucksack to accommodate the group equipment.

## Sleeping bags

Sleeping is an essential part of your expedition. There are two types of filling used in sleeping bags, down (i.e. feathers) or synthetic. Down bags are usually warmer for their weight and pack size with synthetic bags being heavier and bulkier. All bags are rated by season and as a general rule:

- 2 season bag – suitable down to around 0°C – **this could be suitable for the Cederberg in November.**
- 3 season bag – suitable down to around -7.5°C

All ratings are only a guideline; if you know that you feel the cold when sleeping it may be advisable to use a warmer bag than recommended or increase the thermal property of the bag by using a sleeping bag liner (this will increase the temperature by about 3°C).

## Footwear

This is an area where you should make the greatest investment. Sore and tired feet will only detract from the expedition. Boots are available in full leather or fabric and leather options. Leather will provide more durability and longevity than a fabric boot, but will be slightly heavier. Provided the boots are the correct size and fit, comfort should be comparable. Again if the boots are the correct size and fit they should not require 'breaking in'. It is recommended that boots are fitted late in the day (when feet are at their biggest) and also try all footwear in the home prior to walking outside with the footwear. If any discomfort is experienced shops will gladly exchange them, provided they are in a saleable condition. Many people advise wearing two pairs of socks – one thin pair (where a change per day can be carried) and one thick pair (one or two pairs are needed). The advantage of this is that it provides an extra layer and can help in preventing blisters.

# Suggested Equipment List

## Clothing and Footwear

- 1 Waterproof jacket (Hi-Tec rain jacket – issued to boys)
- 1 Waterproof pants (Hi-Tec have a set called ‘golf’). Not essential but a ‘good to have’
- 1 Warm top - Epic active top from Hi-Tec given out in term 4
- 1 Bishops track suit pants
- 1 Track suit top/any other sweater
- 1 Rugby/hockey shorts
- 2 Old long sleeved white/khaki school shirt
- 2 Wicking T-shirts/ Normal T-shirts or golf shirts
- 2 Underwear – should provide as much protection against friction (rashes) as possible
- 1 Beanie
- 3 to 5 Socks – (You could take three pairs thin inner and two pairs thick hiking socks)
- 1 Sun hat (wide brim)
- 1 Walking boots -DO NOT SPEND TOO MUCH! The basic HI-TEC hiking boots will handle EPIC
- 1 Sandals (Slip-slops or Cross)

## Sleeping and Carrying

- 1 Rucksack (minimum 65 litre - try and borrow)
- 1 Sleeping bag (0°C sleeping bag is sufficient)
- 1 Sleeping mat (Roll-up foam mat is perfect)
- 1 Groundsheet to wrap around sleeping mat (protects mat and good for sleeping out)
- 1 Survival bag

## Equipment

- 2 Waterbottles 1.5 litre plastic cool drink bottle is perfect (strong, slim and cheap)
- 1 Headtorch (with sufficient spare batteries) A must, but don't buy the most expensive one.
- 1 Pocket knife (Optional)
- 1 Whistle (attached to cord)
- 1 Plastic mug
- 1 Plastic bowl
- 1 Eating utensils
- 1 Set of camping cooking pots or just an inexpensive Hart aluminium pot

## Personal and Medical

- 2 Tube sun block / high factor sun cream (minimum SPF30) (pack in zip lock bag)
- 1 Insect repellent
- 1 Tube lip sun block
- 1 Towel (**not** a beach towel but a quick drying travel size towel)
- 1 Soap (biodegradable for body, hair and clothes) (pack in a zip lock if soap is liquid)
- 1 Toothbrush
- 1 Toothpaste
- 1 Toilet paper in a zip lock bag (back up will be available at bases)
- 1 Foot powder (antibacterial)
- 1 Roll of plasters (singles are not as good – better to cut to size)

- 1 Personal medication (Ventolin inhalers / skin cream/ panados etc)
- 1 Sunglasses (that provide good coverage of the eyes)

### **Ancillaries**

- 1 Box of matches (or lighter)
- 1 Pencil /A6 booklet
- 2 Garbage bags
- 2 Pick 'n Pay bags
- 1 Pack Zip lock bags
- 1 Cheap waterproof watch

### **Optional Items**

- 1 Camera/GoPro
- 1 Neckerchief / bandanna (Buff)
- 1 Cycling gloves
- 1 Base layer clothing (superb for the very cold nights and lightweight)

**NOTE:** Spare items (batteries, sun cream) can be packed in either the food box for the second hike or solo box - whichever comes first (Sneeuberg, Tafelberg and Krakadouw do the solo before the second hike and Apex and Wolfberg do the second hike before the solo)