

The Bishops Epic

Equipment list

INTRODUCTION

General

You will find attached an equipment list that we recommend for the 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 the Epic (taking location and season into account). Although Epic is during the summer, the Cederberg can attract cold and wet weather at any time during the year, so you will need to be fully prepared for it. Equally, the heat and intense sun should affect the clothing and equipment you choose.

It is unnecessary to spend too much money on equipment and where possible you can borrow items from friends or relatives. The most important options that you need for the Epic will be walking boots, a rucksack, a sleeping bag and a waterproof jacket (supplied by the school from Hi-Tec).

If you are unable to borrow equipment, there are a number of outlets including Hi-Tec, The School Shop, Outdoor Warehouse, City Rock, Drifters, Red Mountain etc. that have a number of pricing options for most styles of clothing and equipment suitable for what we do.

PERSONAL KIT LIST – BISHOPS EPIC

Rucksacks

When choosing a rucksack, we recommend a 65 + 15 litre bag. Remember that, when fully loaded, an uncomfortable rucksack could make your life miserable as well as be bad for your back, so test several styles. Put weight in the rucksack and walk around the store adjusting the straps to see if the rucksack is suitable. Most rucksacks have adjustable backs, which allow for a more comfortable fit – particularly for the position of the hip belt. 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 Epic. Remember most rucksacks are not waterproof, so it is essential to line your bag with a waterproof liner. Sturdy bin-liners/ black bags can also do the trick. A variety of tough bags are available from outdoor stores, ranging from sturdy bin bag style liners to sophisticated waterproof bags. Remember that you will need to keep free about 10 litres of space in your rucksack to accommodate the group equipment (e.g. gas cookers; first aid kit; satellite phone etc., which we provide)

Sleeping bags

There are two types of filling used in sleeping bags, down (i.e. feathers) or synthetic. Down bags are usually warmer (and more expensive) for their weight and pack size and synthetic bags are 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 (This is what I use!)

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

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 too much '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. If any discomfort is experienced, shops will gladly exchange them, provided they are still in good condition.

Equipment List

Clothing and Footwear

1 waterproof jacket (Hi-Tec three-in-one rain jacket – issued to boys in the week before Epic, which we provide)

1 pair of waterproof pants (Hi-Tec have a set called 'pull off'). Not essential but a 'good to have'

1 warm top – the three-in-one jacket includes a fleece, so this is probably not necessary unless a lighter top is preferred

pair of Bishops track suit pants

1 tracksuit top/any other sweater

1 pair of rugby/hockey shorts

old long-sleeved white/khaki school shirts (many go for the more expensive UV protection quickdry shirts)

2 wicking T-shirts/ Normal T-shirts or golf shirts

2 pairs of underwear – should provide as much protection against friction (rashes) as possible –boxers are a very poor option.

1 beanie

3 to 5 pairs of Socks – (at least two pairs of thick hiking socks are recommended; we provide 1 pair)

1 sun hat (wide brim)

1 pair of walking boots

1 pair of shoes (slip-slops or crocs or takkies)

Sleeping and Carrying

1 rucksack (minimum 65 + 15 litre)

1 sleeping bag (0°C sleeping bag is sufficient)

1 sleeping mat (Roll-up foam mat is perfect – the air mats often puncture easily)

1 groundsheet to wrap around sleeping mat (protects mat and good for sleeping out) – note that we also supply a large groundsheet with ropes for two people which is for use in bad weather.

- 1 survival bag
- 1 or 2 buffs** (We provide boys with a buff, this year.)
- 2 or more face masks (compulsory this year)**

Equipment

- 2 waterbottles – 1.5 litre plastic cold drink bottle is perfect (strong, slim and cheap)
- 1 headtorch (with sufficient spare batteries) - a must.
- 1 pocket knife (optional)
- 1 plastic mug
- 1 plastic bowl
- 1 set of eating utensils
- 1 set of camping/ cooking pots or just an inexpensive aluminium pot (1 litre)

Personal and Medical

- 2 tubes of 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 and toothpaste
- 1 toilet paper in a zip lock bag (back ups will be available at bases)
- 1 foot powder (antibacterial) – some find this useful
- 1 roll of plasters (singles are not as good – better to cut to size)
- Personal medication (Ventolin inhalers / skin cream/ Panados etc.)
- sunglasses (optional)

Cycling

Boys will be provided with a separate bag, specifically for cycling, which will be handed back to them when they cycle.

- Cycling pants
- Cycling gloves (optional)
- Water bottle (provided)
- Track shoes/ Takkies (Your son cannot cycle in boots.)

Ancillaries

- 1 box of matches (or lighter)
- 1 pencil /A6 booklet (provided)
- 2 garbage bags
- 1 pack zip lock bags
- 1 waterproof watch
- Camera/ GoPro

NOTE: Spare items (batteries, sun cream) can be packed in either the food box for the second hike or solo box - whichever comes first.

Just to clarify, boys received two boxes – one for their 24-hour solo and one for their second 3-day hike. These boxes will be stocked by you and given to the boys when they hike or go on solo. Their hiking food for the first hike will be packed in their rucksacks.