

The Bishops Epic Equipment list

INTRODUCTION

General

You will find below 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 selecting 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 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; groundsheet; 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 should 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** – this includes a fleece).
- 1 pair of waterproof pants (Hi-Tec have a set called 'pull off'). Not essential, but a 'good to have'.
- 1 pair of Bishops track suit pants
- 1 tracksuit top/ any other sweater
- 1 pair of rugby/ hockey shorts
- 2 old long-sleeved white/ khaki school shirts (many go for the more expensive UV protection quick dry shirts)
- 2 wicking T-shirts/ Normal T-shirts or golf shirts
- 2-4 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 three pairs of thick hiking socks are recommended; **we provide 1 pair**)
- 1 sun hat (wide brimmed)
- 1 pair of walking boots
- 1 pair of shoes (slip-slops/ crocs/ takkies)

Sleeping and Carrying

- 1 rucksack (minimum 65 + 15 litre)
- 1 waterproof rucksack cover (most new rucksacks come with a built-in waterproof cover)
- 1 sleeping bag (0°C sleeping bag is sufficient)
- 1 sleeping mat (roll-up foam mat is perfect; air mats sometimes puncture)
- **We supply boys with a large groundsheet with ropes, big enough for two people**, which can also be use as a shelter in bad weather.
- 1 survival bag
- 1 or 2 buffs (**We provide boys with a buff**)

Equipment

- 2 water bottles – 1.5 litre plastic cold drink bottle is perfect (strong, slim and cheap)
- 1 head torch (with sufficient spare batteries) - a must.
- 1 pocket knife (optional)
- 1 plastic mug
- 1 plastic bowl
- 1 set of eating utensils
- 1 cooking pot or just an inexpensive aluminium pot (1 litre)
- 1 box of matches (or lighter)
- 2 garbage bags (for carrying rubbish off the mountain)
- 1 pack of ziplock bags

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)
- Personal medication (Ventolin inhaler/ skin cream/ Panados etc.)
- a watch
- Sunglasses (optional)
- Camera/ GoPro (optional)

Cycling Equipment

Boys will be provided with a separate cycling bag **(we will supply this)**, specifically for cycling, which will be handed to them when they cycle. This bag will be handed in during the Epic training week, just before they depart.

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

Just to clarify, boys received two cardboard boxes – one for their 24-hour solo and one for their second 3-day hike (both provided by us). These boxes will be stocked by you and then given to the boys when they hike or go on their solos. Their hiking food for the first hike MUST be packed in their rucksacks. Spare items (batteries, sun cream) can also be packed in either the food box for the second hike or solo box - whichever comes first.