



## **French Alps Kit List**

Please note — In addition to the personal equipment listed here, participants will also be required to carry a share of group equipment/supplies and should leave some space in your expedition backpacks when packing to account for this. On your training Global Footprints will go through this kit list with you.

### **Personal Items -**

Personal medication - Your personal medication will allow you to stay healthy whilst you are away. Take enough for the duration of the expedition.

### **Group Equipment**

**Tents-** You will have to share a tent between 3 people. 1 person carry the inner, the 2<sup>nd</sup> person carries the outer and 3<sup>rd</sup> person poles and pegs.

**Cooking-** Each team will have to carry their own cookers (Trangia) and fuel bottle. Usually, 1 cooker between 3 persons and 1 fuel bottle per team.

**Food-** The team need to carry enough food provisions for 4 days. That includes 3 Breakfasts, 4 lunches and 3 evening meals. Also, personal snacks as well.

### **Carrying and Organising**

Expedition rucksack- Will allow you to carry all your gear. 65-70 litres will be sufficient — any smaller and you won't get everything in, any bigger and you'll take too much stuff!

Daysack - A daysack will allow you to carry just enough stuff for days out exploring without having to carry everything. Ideally a packed lunch, water bottle and a jacket.

The dimensions for carry on board bags are: 40cmx20cmx25cm. This is a soft 20L school bag

Waterproof liners - Waterproof liners protect the items in your bag(s). Use liners specifically designed for the job, or take a large, durable plastic sack (such as a rubble sack). Plastic sacks tend to split so take a spare! It is advisable to have an additional large rubble sack to store unwanted items that you might not be carrying for part of the expedition.

Waterproof stuff sacks - Waterproof stuff sacks are useful for grouping and packing similar items together. A company called 'Exped' has a range of different sized and coloured bags which make it easier to identify and access items quickly, without emptying your whole bag. Plastic bags are ok; look for good quality strong bags.

## **Sleeping**

2/3 season sleeping bag - A down or synthetic sleeping bag with a minimum comfort rating of -5 'c will keep you warm and covered up at night. Make sure you protect your sleeping bag against getting wet by putting it inside a large durable plastic bag or dry bag after stuffing inside the original stuff sack. Down sleeping bags do not work if they are wet!

Sleeping mat - A sleeping mat will insulate you from the ground and provide comfort. A foam roll mat is functional and cheap whereas an inflatable mat may be more comfortable but is heavier and vulnerable to punctures. A bicycle puncture repair kit should be carried with an inflatable mat!

## **Footwear**

Trekking boots - Trekking boots provide essential protection for your feet and ankles when trekking over rough ground. Find a pair that feels comfortable with the socks you're going to wear, and make sure they are 'worn in' before your expedition.

Socks - Thick socks provide padding and help prevent blisters when wearing boots for extended periods. Some people prefer one thick pair whilst others prefer one thin and one medium weight — work out which is best for you before you go! The overall thickness of your socks will change the fit of your boots.

## **Clothing**

Synthetic materials are best as they 'wick' away moisture when you are hot. Cotton clothing tends to trap moisture creating rubs and discomfort.

Underwear - you will only need 2 sets at most.

Thermals (top and bottom)- worn next to your skin. These are essential in help keeping you warm in cold conditions.

Base layer- a base layer will keep you comfortable by creating warmth in the cold and keeping you dry when you are hot. You will wear a base layer for most of the expedition so you should take a couple. Synthetic tops wick well and will work best for physical activities, particularly in hot climates. A cotton t-shirt or a travel shirt is fine for project work, R&R and travelling.

Mid layer – A mid layer adds warmth when you need it, particularly at night or when you are inactive. Sometimes referred to as 'micro' or '100 weight' fleece with long arms and likely to have a zip neck or round neck.

Warm layer - A warm layer will add extra warmth when you need it. Sometimes referred to as '200 weight' fleece and likely to have a full-length zip.

Walking trousers - protect your legs - you'll be living in these so get some that you like. Zip-off lower legs make them more versatile and some have vertical zips at the bottom to allow easy removal over your boots.

Walking shorts - will keep you cool while trekking in hot conditions.

Waterproof jacket and trousers. Lightweight/robust waterproof jacket and trousers are essential for keeping you dry in the rain and reducing the effects of wind-chill.

Sun hat - with a wide brim will help protect your neck and ears. Dark colours will absorb heat and are best avoided.

Warm hat - will keep you warm when you need it.

Warm gloves- A decent pair of gloves to keep your hands warm

## **Drinking and Eating**

Spoon - Plastic 'sporks' are a good option but can break if not looked after. Clip together knife, fork, spoon is neither heavy nor expensive. A normal kitchen tablespoon is perfectly adequate!

Penknife - A small (blade less than 7cm) simple model will be sufficient. Locking blades are preferable. Useful functions include can opener and scissors. Make sure you learn how to use your knife safely — always cut away from yourself. Don't forget to pack it in your hold luggage.

Bowl - Your bowl will be used for breakfast, lunch, and dinner. Look for a wide one with deep sides that could act as a plate or a bowl. Try and find a strong, lightweight model. You could even take a lunchbox with a lid to use as a bowl, keep lunch in it, use the lid as a chopping board, store fragile souvenirs in it etc.

Mug - Your mug may be used for drinking tea or holding water to brush your teeth. Plastic mugs are light and cheap but may break easily. Insulated mugs will keep your drink warm for longer but are heavier and don't warm your hands. Your water bottles are essential and will allow you to stay hydrated whatever you are doing. You should either take two 1 litre bottles or a 1-litre bottle and hydration bladder.

Water bottles (2) or water bottle and hydration bladder - Bottles should be strong and not leak when sat on, dropped, or squashed. Sports bottles are NOT suitable. Hydration bladders are convenient and allow you to drink 'little and often' but are vulnerable to puncture and contamination are the valve if a protective cover is not used. Water carries should ideally be clear so that you can inspect the contents.

Toothbrush and toothpaste - Think about the amount of toothpaste you are taking — a small tube is probably sufficient.

Travel towel - Lightweight, low bulk and dry far more quickly than traditional cotton towels. (Optional)

Toilet bag/hygiene pack - may be essential whether you are in the middle of nowhere. It should consist of some toilet paper (wind it off the cardboard tube to reduce bulk) and a small bottle of anti-bacterial hand gel. Some nappy sacks are useful for bagging used toilet paper until you can get to a bin.

### **Health, Safety and Wellbeing**

Anti-bacterial hand gel - should be used before you touch anything that is going to go anywhere near your mouth. Hand to mouth transmission of germs is the most common cause of 'traveller's diarrhoea'. A little bit goes a long way, so a 100ml bottle should be sufficient in addition to the one in your toilet bag.

Sunscreen will keep your skin safe from UV light in the sunshine and help it to stay moisturised no matter what the weather! Take a small bottle or 'sports pack' of at least factor 30 and keep it in a plastic bag in case it leaks. (can be shared between the team)

Lip balm will keep your lips safe from UV light in the sunshine and help them to stay moisturised whatever you're doing.

Insect repellent - will stop the insects and midges from biting. Brands containing DEET are the best proven and most popular but avoid concentrations above 50%. Natural alternatives are available. (Can be shared between the team)

Head torch - is invaluable for finding your way at night — whether looking for the toilet or getting off a mountain later than planned. LED models are lightweight and power efficient. Use new batteries and take a spare set.

Cheap watch - with an alarm will help you get where you're going.

### **Personal first aid kit**

Your personal first aid kit should consist of:

An assortment of plasters for minor cuts and grazes. A pack of blister plasters for when your boots rub.

5 rehydration sachets for when you need to replace electrolytes after excessive sweating.

Try the flavour before you go to make sure you like it!

The DofE Leader Team will carry a comprehensive first aid and medical kit containing anything else you may require. Do not bring any drugs except for prescribed medication.

### **Emergency snacks**

These should be snacks of substance and low bulk e.g., flapjack, nuts, dried fruit. Pack enough to keep you going for a morning or afternoon.

Long matches are essential for lighting stoves — store in zip lock bag to keep dry.

Sunglasses are essential for protecting your eyes from UV light in sunshine, particularly when reflected off water or snow. Models with 100% UV protection and a solid case are advisable.

### **Additional Equipment - Optional**

Every item here is worth taking but will also add weight and bulk to your pack. Choose wisely!

Para cord is useful for just about anything from washing lines to shoelace repairs! 5 metres of 4mm should be more than sufficient.

Earplugs are useful for sleeping when you're sharing a tent with someone that snores!

Wet wipes - are great to keep clean in between washes and take up very little room if you take a small pack.

Walking poles - Telescopic walking poles give extra support when walking over difficult or steep terrain. Particularly useful for people with ankle, knee, hip, or back problems.

### **Additional Clothing**

Swimwear- Please bring swimwear for the Whitewater rafting

Any additional comfortable clothing you feel you need for the expedition

- Some clothing and additional equipment can be left at the main campsite at Bourg-Saint-Maurice