

A Parents guide to Hike's / Expeditions and keeping your Children comfortable in the hills

- 1/ It is going to cost you money!
- 2/ You need to review their essential kit regularly. Does it fit, is it clean and is it still waterproof.
- 3/ Teenagers rarely listen to their parents - make a point of getting them to look after kit.

ESSENTIAL KIT - In order of importance and why

FEET

1/ Good Wool Hiking Socks - Bridgedale, Smartwool or Similar. -

COST £16- £25

Note - Sport socks are useless, they are cotton, get wet, cause blisters, don't dry and make feet cold.

2/ Waterproof Boots. - Because feet grow to the age of about 17, this is likely to be the most expensive item.

Good makes without going silly are Hi-Tec, Regatta, Karrimor, if you want to go silly on price, then Asolo, Meindl, Scarpa, Leather boots are stronger, last longer and keep feet dryer than fabric boots, but are heavier..

- COST £30 upwards

IF ON EXPEDITION

3/ Foot powder for the end of day, Newspaper (in a Dry Bag) to put in Boots overnight to dry them out quickly and a spare pair of dry hiking socks. HAPPY FEET, HAPPY SOUL

BODY

1/ Good Base layer - Polyester, Polypropylene or Merino Wool. Long sleeved is better than short, but likely to be harder to get and more expensive - Good makes - Regatta, Berghaus, Helly Hensen, RAB, Montane, etc. Avoid thermals from supermarkets, they tend to be cotton. A sure way to put your childrens lives at risk in the hills

- Cost £5 upwards

2/ Fleece or Hoody - Again 100% Polyester - Good makes, Regatta, Craghoppers, Berghaus - Cotton / Polyester mix are not as good if they get wet. - Avoid Cotton - unless you really want to kill your children out there. Cost - £15 to £120

3/ Waterproofs - Need not be expensive, but can be. Good makes - Regatta, Sprayway, Páramo, Rab, Berghaus, Some Karrimor -

Cost £15 upwards

PUT WATERPROOFS ON BEFORE IT RAINS.

Carry a spare fleece or soft-shell, as can be good as extra layer, if really cold. Can be put on in the evening.

If windproof, then can be worn as outer layer if not raining.

WARM DRY BODY - AVOIDS HYPERTHERMIA

LEGS

1/ Good Base layer - see above under Body base layer - Cost £10 upwards (NOT NEEDED IN SUMMER)

1/ Good Trouser- Poly / Cotton mix, polyester, Nylon- Craghoppers, Regatta, Páramo, Berghaus, Montane, RAB, etc - Winter trousers can be lined with Polyester lining and then no base layer is needed.

Cost £15 upwards

3/ Waterproofs Trousers - Need not be expensive, but can be. Good makes - Regatta, Sprayway, Páramo RAB, Berghaus, Some Karrimor -

Cost £15 upwards

4/ Gaiters - Stop water getting down inside boots. Wear over trousers but under waterproofs for best results

Cost - £15 upwards

Same comments as above, but Items 3 and 4 important to keep you dry, as water runs downwards!

HANDS & HEAD

1/ Warm Gloves. Gloves ideally should be waterproof, but if not at least windproof. Again Polyester, Nylon, outer with polyester or wool inner.

2/ hat. I like to carry two hats, a balaclava which can be folded up into a beanie type hat and a lined waterproof with a peak. Either can be covered by a hood from the waterproof coat.

SLEEPING

1/ 3/4 season sleeping bag - Good makes Mountain Hardware , Mountain Equipment, Snugpak, RAB. Should be rated below 0°C Comfort and pack small and be under 1.8kg. Makes like Vango are cheaper, but don't pack as small.

Cost £75 upwards

MAT

Closed Cell mat - Cost £5 upwards

NAVIGATION.

1/ Compass

2/Map

3/ optional - GPS or GPS app - can be out by 2km or accurate to 10m use with care.

EMERGENCY KIT

1/ Survival bag - £5 upwards

2/ Surgical type Gloves. - £1

3/ Chocolate

4/ Spare Socks

5/ Headtorch

6/ Emergency Card - what to do in an emergency.

7/ Personal 1st Aid Kit

8/ Phone in waterproof pouch if unaccompanied. Some useful navigation apps available, but as backup only.

Items to avoid are

1/ Anything made of cotton

2/ outer layers which don't say waterproof. - Water-resistant, Weather-proof or Snow-proof tend not to be waterproof and anything more than a shower will go through them.

3/ Unless Leather, boots that don't say Waterproof.

PLACES TO BUY.

- Cotswold Outdoors will give between 10% & 15% discount to Scouts or DofEd on production of group scarf or a DofED participant book on full priced items.
- Scoutshop Belfast - Discoveroutdoors
- Regatta outlet store at Banbridge.
- Sports Direct
- Lindsay Outdoor Clothing (Coleraine)
- sometimes TKMAX

Online from www.regattaoutlet.co.uk, www.craghoppers.co.uk. Ebay - Paramo 2nds shop

Sometimes we have items for sale in the scoutstore. If you shop online, then going via our own website earns the group money - see www.cathedralscouts.com.

Finally - Ask Andrew, Johnny or George for some advice!

