

Bundle Guide

Hints & Tips

GO
Outdoors

Exposition

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We offer bundles to suit everyone, from first timers to the experienced, it will all depend on what you need and the level of equipment for your expedition.

We also offer a **Bundle Plus** option that combines the Essential Bundle with the Adventurer or Explorer Bundles.

Essential Bundle.

Technicals Compact First Aid Kit
Eurohike 1W Cob Head Torch
Hi Gear Plastic Bowl
Hi Gear Plastic Plate
Hi Gear Plastic Mug
Eurohike Heavy Duty Cutlery set
Eurohike 55 - 75L Rucksack Liner
Eurohike 1L Aqua water bottle
Eurohike Survival Bag
OEX Orienteer Compass
Eurohike Safety Whistle
Eurohike Microfiber Towel - M

Adventurer Bundle.

Technicals Tibet 65 Rucksack
Eurohike Adventurer 200 Sleeping Bag
Eurohike Camper Self-Inflating Mat

Explorer Bundle

OEX Vallo 70L Rucksack
OEX Fathom EV 300 Sleeping Bag
OEX Traverse 2.5 Self-Inflating Mat

Adventurer Plus Bundle. Essential Bundle.

Technicals Tibet 65 Rucksack
Eurohike Adventurer 200 Sleeping Bag
Eurohike Camper Self-Inflating Mat
Technicals Compact First Aid Kit
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Explorer Plus Bundle. Essential Bundle.

OEX Vallo 70L Rucksack
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Eurohike Safety Whistle
Eurohike Microfiber Towel - M

How to pack a rucksack

A well packed bag will be easier to carry, and your kit will be at hand when you need it.

From the top

Your map, compass, torch and first aid kit should be at the top, ideally in the lid pocket for instant access. Your roll mat should also be towards the top of your bag as it is lightweight. If possible attach it to the top of the lid, if it is in a waterproof case.

In the middle

Keep your stove, fuel, food and utensils close to your back and use spare clothes to keep them in position. Make sure they can't leak and that your stove isn't attached to its gas cylinder. A hydration bladder is a great way of drinking on the move and it ensures the weight of the water is close to your back for a balanced fit. Extra water bottles can be stored in the lower mesh pockets for easy access.

At the bottom

Keep heavy items like your sleeping bag at the bottom of your pack. They can often be accessed via a separate zip. Your tent could be attached to the outside of your pack as it will be the first thing you will need when you reach your camping spot.



Light

Map

Compass

Waterproofs

Head Torch

First Aid Kit

Roll Mat

Hydration Bladder

Food

Utensils

Wash Kit

Clothes

Survival Bag

Stove & Fuel

Sleeping Bag

Tent



Heavy

Check the comfort of your pack first.

1 Loosen all straps on the pack.

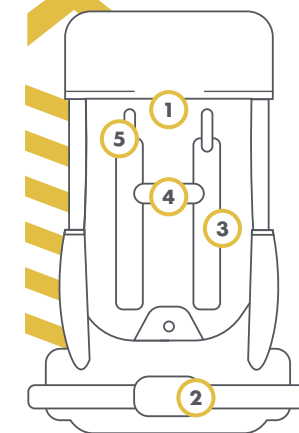
Starting at the bottom clip the hipbelt. Ensure the hipbelt is over the hips and the pads are touching the hips right in the centre. Tighten the straps to ensure the hipbelt takes most of the weight. Beware not to put too much pressure on your stomach but tighten it enough so that it takes the load.

3 Adjust shoulder straps so that the pack feels secure and comfortable.

Position and clip together the chest strap so that it is secure but not too tight. These are designed to allow for some stretch and movement. (If it is pulling the straps in too much then loosen slightly so comfortable across your shoulders).

If your rucksack has top tensioners, tighten these to help pull the pack closer to your shoulders. These are sometimes referred to as 'magic straps' as they help to distribute the weight effectively across your hips.

Once your pack is fitted correctly, you should feel comfortable with the weight distributed evenly and not dragging you back.



A secure pack will mean you stay agile and stable when walking, moving and turning.

Sweet dreams

How to ensure a great nights sleep...

- /// Keep it dry.
- /// Loft it out.
- /// Warm meal before bed.
- /// Sleep off the floor – Mat.
- /// Pitch your tent on flat ground.
- /// Ear plugs.
- /// Toilet trip before bed.

Make
sure you
get plenty
of rest.

Choosing a Bag

Synthetic bags are much heavier than down bags and offer greater water resistance, but they are not as warm as down and are bulkier. Down bags are incredibly warm and compressible, but can be susceptible to damp and are more expensive. Comfort ratings are the most accurate measure of a bag's warmth and indicates the lowest temperature you can sleep in comfortably. Choose a sleeping bag designed to suit the temperature you will encounter on your expedition.

Choosing a Mat

In addition to a good sleeping bag, your mat will have a huge effect on how comfortable and warm you are. You will need to choose the right balance of weight vs. comfort. The lightest and cheapest mats are made of foam and provide excellent insulation but have minimal comfort. Air mats are ultra lightweight, packable and comfortable but with less insulation, best suited to shorter expeditions. Self-inflating mats use both foam and air. They are very comfortable and insulating but are slightly heavier and bulkier.

Seasons Explained

One season
Ideal for hot
summer nights.

Two season
Ideal for late spring
into autumn.

Three season
Ideal for early spring
to late autumn.

Four season
Ideal for cold
winter nights.

Choosing Boots

- /// **Lowland areas** - get a lightweight boot.
- /// **Mountainous areas** - get something a bit heavier as the fabrics will be thicker/stiffer and will provide more support.
- /// Choose between fabric or a leather boot.
- /// **Do the bend test and the twist test** to determine the strength of your boot.

Fitting

- /// **Try them on and make sure your foot matches the shape of the boot and is comfortable.** All boots are made differently so try lots on. Make sure you lace them up with the tongue centred.
- /// **Find a slope and walk up it balancing on your toes, does your heel lift out of the boot?** Too much heel lift could mean blisters but a little bit is fine.
- /// **Walk back down the slope and try and push your toes to the front of the boot, do your toes hit the end of the boot?** If they don't that's good, if they do...try a larger size or different boot.
- /// **Walk back up the slope, do you notice a crease on your toes where the boot flexes?** If it's painful, try another size or a different boot.

- /// **Make sure you wear the boot indoors for a while to test them,** you may notice something different to when you tried them on first time round.

Care

- /// **Don't dry your boots too quickly; let them dry naturally.** If you need to put newspaper in, don't over fill the boot otherwise it will become misshapen.
- /// **Leather boots** need to be waxed if they look dry, this keeps them supple.
- /// **Fabric boots** need to be treated every now and again with some sort of waterproofing, like you would do with your jacket.

Footwear Guide



Upper ① /// Tongue ②
Laces ③ /// Eyelets ④
Rand ⑤ /// Outsole ⑥
Shock Absorber ⑦

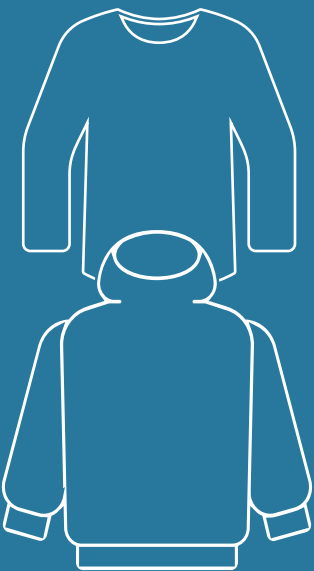
Lacing your Boots

Angle your boot so that your heel rests into the heel cup. When lacing your boots, ensure the tongue is fixed centrally, so it doesn't drift to one side. Ensure the laces are pulled tight from the bottom all the way to the top, so the boot hugs your foot correctly.

A guide to layering

What is a Layering System?

The idea being, that you layer up clothing to help keep you warm, dry, and comfortable when moving through varying conditions. You can add or remove layers depending on how you feel and the conditions you are in.



Baselayer

Designed to either trap a layer of warm air against your body for extra warmth on chilly days or to whip the sweat away to help you to stay cool in the warm weather.

Midlayer

This is used to trap the warmth your body generates. Depending on how cold the weather is, this could be a fleece, a softshell or even a down jacket.

Carrying extra layers in your rucksack can help to keep you safe.

The weather may be mild when you set off on your walk, but as you get higher into the hills, the temperature may take a sudden drop, and conditions can change in an instant.



Outer Layer

This will be your protective layer from the elements. For example, a waterproof jacket in the rain or a windproof, down, or insulated jacket in the cold/dry.



5 steps to re-proof a jacket

Spray the product evenly on the outside of the jacket from approximately 15-20cm away. Hanging the jacket on a washing line when spraying the proofer will help maintain an even coating.

Check the jacket carefully to ensure no areas of the fabric have been missed.

Wipe off any excess with a damp cloth.

Allow the jacket to dry naturally.

For high abrasion areas such as the elbows and shoulders, it's recommended that a second coat of proofer is applied.

Why Re-proof?

Dirt and oil can clog up the breathable membrane found in many waterproof jackets, making it feel as though water is penetrating through the fabric.

Always wash your jacket first if re-proofing using a waterproofing spray.

When washing your jacket, it is important to use a specialist performance cleaner designed for technical outerwear rather than everyday household detergents.

If you notice the fabric of your jacket is absorbing rather than repelling water, it's time to reproof it.

Don't forget to re-proof your footwear...

Fabric boots can be harder to clean than leather boots but it's worth making the effort to ensure they are cleaned properly.

Dirt particles left in the fabric can cause the fibres to decay and reduce the lifespan of your boots.

Food & Hydration

Having the right food on your expedition is essential for success as well as helping you enjoy your adventure.

keep your energy levels up

Food

Eat little and often. Even if you take a pack lunch, don't have it all at once in the middle of your hike. This keeps your energy levels constant.

/// Avoid purely sugary snacks, include slow to release energy foods such as fruit and nut bars, bananas and trail mix.

Remember to take away all of your litter.

Drink

Drink between 1 - 3 litres of water a day depending on how far you go.

/// Take a hot drink on cold days and drink more water on hot days.

/// Drink isotonic drinks as well as water on longer hikes this will replace sugars and salts.

/// If you need to fill up from a natural water source, make sure you treat it effectively before drinking. (Discuss this with your Leader).

Nutrition

Your food needs to be compact, lightweight, easy to carry and have plenty of slow release calories to help keep your energy levels at a maximum.

You will need to have enough food for breakfast, lunch and dinner, as well as high energy snacks for eating on the move.

Planning

To meet your expedition aim you need to plan, prepare and cook a substantial hot meal as a group. Split the ingredients, cost, packing and effort between the team.

Wayfarer

Food packs are great for breakfast and eating on the move. Expedition foods are nutritious and ready to eat, hot or cold. They're small to carry, have durable packaging that won't split in your rucksack, and they match the meals you might have at home. They feature vegetarian and vegan choices too.

Scales

Maps are shown in different scales (for example 1:25k or 1:50k).

The larger the map scale, the more detail that will be shown on the page, and the smaller the scale, the less detail will be shown.

You would need to pick a map of a scale that is appropriate for what you need.

Symbols

Using the map's symbols can help you find key points of interest as well as useful pit-stops, such as campsites.

This will help you to plan out your trip and figure out where the closest footpaths and cycle trails are to your campsite.

The Legends

The legend will explain which symbols, colours and shapes represent roads, footpaths, woods, buildings, rivers, streams, and much more.

Contour lines

These lines are useful, as if you are planning a route, you can get a good picture of how steep it will be so that you are prepared.

On most maps, the interval between contours is usually 5 metres, but in mountainous regions it may be 10 metres. To get a good indication of how contour lines represent the real world, practice comparing a physical map to google maps or photograph.

Grid references

This is one of the most important map reading skills, because you can pinpoint any specific location on a map.

Maps have numbers running along the bottom and down the sides that represent the grid lines.

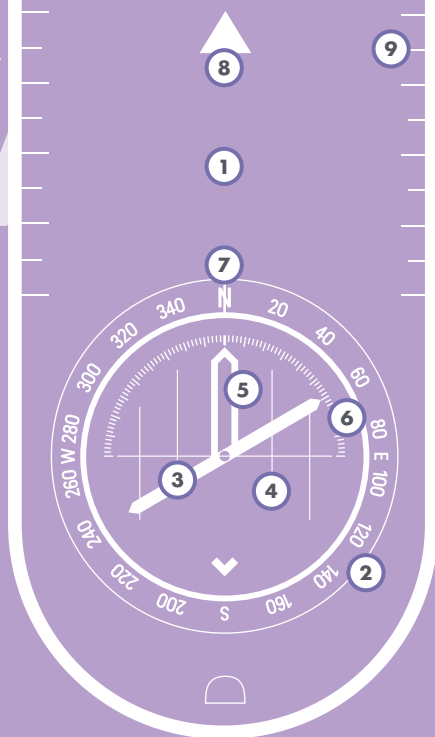
For example, left to right, are called eastings (heading eastward), and similarly, all the numbers going up the face of the map from bottom to top are called northings (heading northward).

Tips on map reading

Being able to read a map is an essential life skill if you plan on spending time in the hills.

Know your compass

One of the best ways to orientate your map is with a compass.



1 Baseplate

The mounting of the compass.

2 Compass Housing

Contains the magnetic needle and has the points of the compass printed on a circular, rotating bezel.

3 Compass Needle

Floats in liquid so it can rotate freely, the red end points to magnetic north.

4 Orienting Lines

Fixed within the compass housing and designed to be aligned with the eastings on a map.

5 Orienting Arrow

Fixed within the compass housing, aligned to north on the housing.

6 Declination Line

Enables conversion between grid and magnetic north.

7 Index Line

Fixed beneath the rotating bezel of the compass, it marks the bearing you wish to travel along.

8 Travel Arrow

Shows the direction that you want to travel along once you have taken your bearing. It is an extension of the index line.

9 Compass Scale

Displayed along the edge of the base plate so you can measure distances on maps.

Using your compass to navigate

Line up the direction of travel arrow so that it is pointing from where you are starting to where you want to go. Now rotate the compass housing so that the orienting arrow lines up with grid north, and the horizontal lines inside the compass line up with the horizontal grid lines, or are parallel with the blue grid lines if they are not near to one.

Adjust your compass for magnetic variation. Magnetic north varies throughout Great Britain, and can range from 0 to 5 degrees – your OS map will tell you the most current value of variation on the map legend. Be sure to add on this magnetic variation by rotating the compass housing.

Take your compass off the map. Hold the compass flat at waist height, and turn yourself and the compass slowly until the red needle lines up with the letter N above the orienteering red arrow.

Once you have done this, the direction of travel arrow should be pointing in the direction you need to go.

Get to know your compass.

Using land features to navigate

As an alternative to using a compass to orientate your map, you can use your eyesight. This method will only work if you are in an area with visible prominent features or landmarks.

First, locate yourself next to a feature or landmark and place your finger on the map at the point where you are standing. Then begin to rotate the map so that other features and landmarks on the map begin to line up with the actual ones you can see.

The map is now orientated with the land, although not as accurately as it would be using a compass.

Handy Tip:

You can look at something in the distance that lines up with your travel arrow, and then head toward this. You could pick a tree or a house, but don't pick anything like an animal as these are likely to move!

Navigating your way

Learning how to orientate your map to the land is an essential part of navigating.

Kit Check List

— don't forget! //

While you pack tick off the items you have and make note of what you still need.

Personal Care

- ☐ Toiletries
- ☐ Travel Towel
- ☐ Toilet Roll
- ☐ First Aid Kit
- ☐ Sun Cream
- ☐ Insect Repellent
- ☐ Water Bottle

Clothing

- ☐ Underwear
- ☐ Walking Socks
- ☐ Nightwear
- ☐ T-Shirts/Baselayers
- ☐ Midlayers
- ☐ Waterproof Jacket
- ☐ Waterproof Overtrousers
- ☐ Walking Trousers
- ☐ Warm Hat/Sun Hat
- ☐ Walking Boots/Shoes

Sleeping

- ☐ Sleeping Bag
- ☐ Sleeping Mat
- ☐ Inflatable Pillow

Camping

- ☐ Head Torch
- ☐ Expedition Food
- ☐ Bowl
- ☐ Cutlery
- ☐ Camping Stove & Fuel
- ☐ Box of matches
- ☐ Cooking Tins
- ☐ Tea Towel

Equipment

- ☐ Tent
- ☐ Tent Pegs & Poles
- ☐ Spare Batteries for Head Torch

**Be safe.
Plan ahead.
Follow any signs.**

Make sure you have the right equipment

- /// Walking boots/shoes, waterproof jacket and trousers, hat and gloves.
- /// Dry bags to keep kit dry in your rucksack.
- /// A map of the area you are exploring.
- /// Your compass.
- /// A watch, to keep track of time.
- /// A pencil, to mark your route and make notes.
- /// Head torch and spare batteries.
- /// Food and drink, plenty of water.
- /// First aid kit.
- /// Whistle.

Pre-plan

- /// Check your route and mark it on your map.
- /// Let someone know your hiking plans and expected return time so they can raise the alarm should you fail to return.
- /// Check the weather. Be prepared to turn back if conditions change.

In case of an emergency

Stay calm and assess the situation. Panic can impair judgment and decision-making.

- /// **Signal for Help:** If you have a way to signal for help, do so immediately.
- /// Use a whistle, mirror, flashlight, or any other signalling device you have on hand.

Make a note of...

- /// Location (grid ref if possible).
- /// Name, gender and age of casualty.
- /// Nature of injuries or emergency.
- /// Number of people in the party.
- /// Your mobile number.

Dial 999. Ask for 'Police' then 'Mountain Rescue'.

- /// Make sure you tell the operator that you require Police.
- /// Give all your prepared details of the incident.
- /// **Do NOT** change your position until contacted by the rescue team.

What to do in an emergency //

Expedition

**All our Expedition
Bundles are available
to order online at
GOOutdoors.co.uk**

**Group & Expedition Leaders
contact our Group Sales
Team via email at:
go-groupsales@jdplc.com**

GO
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