

Waterproofing and weather protection

Rain and wind



Waterproof jacket

A lightweight but waterproof jacket will keep out the rain and wind with waterproof zips and coatings.

Craghoppers Horizon Jacket

Spare socks

Change into dry socks when arriving at camp. This will help prevent blisters.

Bridgedale HIKE Midweight Merino Performance Boot Socks



Rucksack cover

Look for a rucksack with a detachable rain cover included in the base of the pack to keep your rucksack dry and aid visibility in low light. If your rucksack doesn't have a rain cover you will need to buy one.

Waterproof overtrousers

Overtrousers with long zips and adjustable ankles can be put on quickly at the first sign of rain.

Craghoppers Ascent Overtrousers



Sleeping bag

Pack your sleeping bag inside a waterproof bag in your rucksack to protect it from rain.

Vango Latitude Sleeping Bag



Cleaning

Use a specially designed waterproofer for wet weather clothing. Machine or hand wash.

Nikwax Tech Wash



Proofing

Treat your tent, rucksack and other equipment with proofer to add water repellency, increase fabric strength and protect against UV deterioration.

Nikwax Tent & Gear Solarproof

Hot and cold

Fleece

A full zip fleece is easy to put on and take off when the weather changes.

Craghoppers Strata Hooded Jacket



Head/neckwear

Wick away moisture when it's hot and protect your neck from sunburn. When cold, headwear can protect your head and face from the wind and rain.

BUFF® Original Headwear



Technical t-shirt

Look for fabrics that wick moisture away from your body, ideal for when you are hot and sweaty.

Craghoppers Fusion Base T-Shirt



Water bottle

Ensure you drink plenty of fluids frequently throughout the day, especially in hot weather. Take at least two litres with you per day.

Vango Hydration Pack 2L
Lifeventure Tritan Flask 1L

Sun cream

A sweat resistant high SPF sun cream will help protect you from UV rays. Reapply regularly throughout the day even in overcast conditions.

Lifesystems Mountain Formula SPF50



Survival



Storm shelter

Enjoy lunch in a warm, dry place on a rainy day. For more extreme situations, the bright colour and reflective tape will make you more visible.

Vango Storm Shelter

Survival Whistle

Attract attention and let others know your location in heavy fog, rain, or if you are in distress.

Lifesystems Safety Whistle



Torch

Head torches leave both hands free to put boots on, tie tent strings and find kit in your bag.

Lifesystems Intensity 155 Head Torch



Insect repellent

Protect against biting insects in all environments – especially ankles and lower legs.

Lifesystems Expedition 50+ Insect Repellent

Save at least 10%, and often more, in over 200 stores and online



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Kit items shown are examples only. Always follow the advice and training of your Award Expedition supervisor.

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