

SECTION J: PACKING FOR A CAMP OR EXPEDITION

1 Introduction

Usually if your expedition does not involve an overnight in the wilderness, you will not find yourself packing a great deal of things to bring along for the trip. Sometimes you go on an extended expedition, which could be defined as an expedition that is longer than an overnight. Whatever the case, you need to know what to bring and how to pack your bag.

This section will:

- Identify the critical items needed an expedition and give suggestions of other needful equipment
- Show how to pack a haversack

2 Equipment and Items needed in a Camp or Expedition

Given below is a suggested list of items you may need to pack for your camp or expedition. Naturally, for some items, the quantity needed depends on the duration of the camp or expedition and the number of participants.

Individual Equipment

- Clothing and Footwear
T-shirt, Long pants, Shorts, Underwear, Socks, Shoes, Slippers, Swimming trucks (if going into water)





- Toiletries
Toothbrush, toothpaste, towel, soap, shampoo, toilet roll, comb, powder
- Cutlery and Cooking utensils
Spoon, fork, mess tins, cup, can-opener
- Camping & Expedition
Poncho, Ground sheet, Water-bottle & pouch, Torchlight (with spare batteries), jockey cap, trekking pole, commscord, insect repellent, sun block, lighter or matches
- Stationary & Others
Bible (if you have one), Notebook & pen, OHT Marker, utility knife

Group Equipment

- Camping & Expedition
Map, compass, GPS (if available), tent, cookers, fuel
- Safety
First aid kit, whistle

The dilemma: What to bring and what to leave behind?

It is common for us to face the dilemma posed by packing - what to bring along and what to leave behind. Suddenly, everything seems to be important. But packing everything would mean additional weight.

You will need to prioritise what is really important. These would usually comprise:

- a) Water
- b) Food plus additional reserves
- c) Safety equipment
- d) First Aid equipment
- e) Illumination, a spare bulb and batteries
- f) A spare set of clothes
- g) Utility tools e.g. Swiss Army knife
- h) Stationery e.g. notebook, pen



3. How To Pack A Haversack

The term haversack is often used interchangeably with rucksack or backpack. Essentially for camps and expeditions we are looking at a bag with two shoulder slings, each going over one shoulder so that the weight is carried by both shoulders. The bag should also be built for outdoor use, as opposed to smaller haversacks made of less durable material for daily use to carry your school books and stationary.

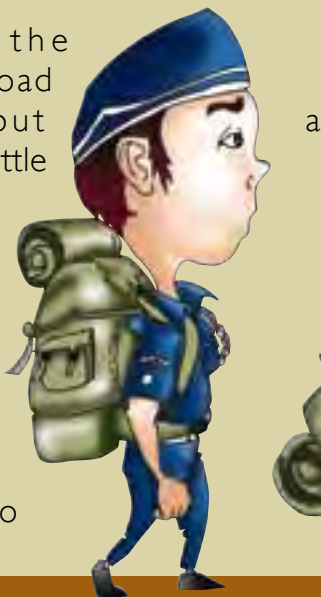


Here are some guidelines for packing:

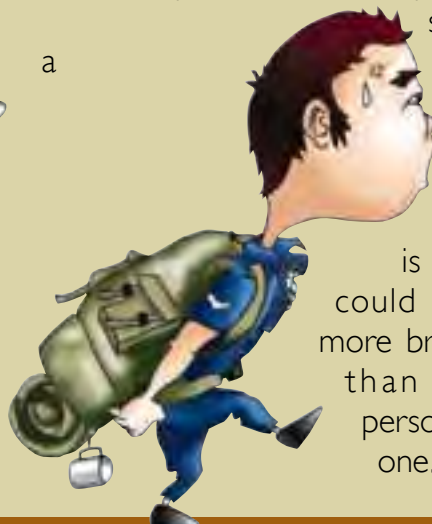
- Pack the things you will use frequently or need quickly in easily accessible outside pockets or at the top of your pack. E.g. a raincoat or poncho in stormy weather or a water bottle on a hot day. Place less frequently used things like clothing at the bottom of your pack.

- Balance the pack as you load it. If you put heavy water bottle on one side, put something equally heavy on the other side so it will not sway as you walk.

- If you have to



a



carry a large pot or bucket for cooking, fill it with clothing or food and put it inside your pack.



- Keep your clothes dry in plastic bags inside your pack, to keep it dry in wet weather. You can use bags with watertight seals. You may also want to waterproof the main compartment of your pack by placing using two huge trash bags. This will form a waterproof layer for the main compartment.
- Pack bulky clothes like sweaters and shirts by rolling them up and securing them with rubber bands.

More tips...

- You should economise on size and quantity as possible. For example, a handy torchlight should be sufficient rather than a bulky torchlight with beacon and lamp. If it is anticipated that more light is needed, the team could carry one larger, more brighter lamp rather than for each person to bring one.



- Do not bring your standard bath towels from home! What you use at home is likely to be made of terry cloth, which is large and heavy when wet. Moreover, it takes a long time to dry. Worse still, if you are on an expedition, there is a tendency for the towel to smell because it will not likely have time to dry. Try buying towels that are made of synthetic fibres, which can absorb a lot of water, dries fast, and is only a bit larger than a handkerchief.



- You should pack your clothes in daily packs. You can even mark "Day 1", "Day 2" and so forth. This way, you do not have to rummage through a big pack looking for items. All you need to do is to zoom in on the relevant pack for the day.



- If you are carrying rations for your meals, then you could still pack them in the same way as you did for your clothes. Also, by not putting all your rations in one person's pack, you do not run the risk of having no food to eat, should that one pack disappear through carelessness.

- If you need to carry fresh food, use appropriately sized coolers to contain them. Remember to put in your favourite marinade.
- Bring about 2 to 2.5 litres of water in two bottles. That should be sufficient until you get to the next water point. If out in the wilderness, remember to bring along some water purification tablets.

- Team equipment should be distributed across the team to carry. As best a possible, distribute weight evenly so that no one is left carrying too much. Take turns to carry heavy items if necessary.



- Try to waterproof all your items where possible using plastic bags with watertight seals. Remember to deflate them as much as possible in order to conserve on a limited space.

- On kayaking expeditions, you will need to use dry bags to contain your things that need to be kept dry and stow them in the front of your kayak.

