

Memo

Date: 2011-2012 Expedition Season
To: All Award Participants
From: Dale Esau
Re: Preparation and Packing for One-Day Expeditions

In order to prepare adequately for your longer practices and qualifying expeditions it is required that you take a full-size backpack on your one-day practice hike. If you are using equipment provided by Interaxion then you will be given a backpack on the morning of the expedition. You should bring your personal things in a large plastic bag and transfer them to the backpack at the starting point.

At the very least you need to bring the following items:

- Water (at least 1.5 litres; more if the weather is hot)
- Snacks and food for lunch
- First-Aid kit (If you do not have a first-aid kit then you should bring 25 Euros to purchase one from us at the start. As this is a requirement of our insurance, you will not be permitted to take part without one.)
- A camera (if you want to take pictures)
- Paper and pencil / pen
- A watch or something else with which to tell the time
- Any other additional personal items you may need for the day
- A second pair of shoes for the bus home (if the forecast is for rain)

We expect your backpack to weigh at least 10 kilograms so that you are used to carrying a weight approaching what you will have for your overnight journeys. We will be weighing your packs and adding extra weight if they are too light!

At the end of the day you must return your backpack to your leader, so the plastic bag used to bring your personal things should be kept until the end of the day and used to transport your things home.

And a word on ipods and music players – please don't bring them. Besides the risk of them getting lost or broken, having music playing in your ears may prevent you from hearing cars approaching. It is safer to leave them at home.

Remember that this is a practice **expedition** and not just a stroll around the country. Please prepare sensibly, sleep well the night before, check the weather forecast so you can dress correctly, and come prepared to have an enjoyable but exhausting day.

