

STUFF TO BRING ON TRIPS!

Please read :-)

The list below covers *most* of the things you should take with you on an OUWC trip. If you've done loads of walking before and feel you know all this, fine, use it as a checklist when you pack or whatever. If you're a bit less sure, please read through it, it gives a good idea of what you'll need. It's your responsibility to be adequately prepared for the outdoors. The club has no desire to treat you like children and check all your stuff, but you must realise that having the wrong kit when the weather turns bad can actually put you and your group in danger. Without wanting to sound melodramatic, there is a pretty high risk of hypothermia especially in mountainous areas. British weather is notorious for its random changes — it will be sunny one minute then heavy rain and cold the next — and there are big differences between the valley and top/side of a hill. So as they say, be prepared...

Remember, the Club has a responsibility for the safety of its members, so sorry but we will turn you away and *****you will not be allowed to go on a walk if you are inappropriately equipped!***** So please read this list!

ESSENTIALS for the walks...

- Boots.** *Well worn in, sturdy, walking boots.* Proper boots, not trainers/outdoor-type trail shoes/DMs... Can we emphasise this enough? They are absolutely essential — you might not be on a path all the time, and when you are it will still be rough, rocky, full of tussocks, all kinds of things trying to twist or break your ankles. You need the ankle support and good grip of a walking boot. And if they are waterproof, even better, stops you getting wet feet (dry feet = happy walker!) Maybe also consider gaiters.
- Socks** — Several pairs of good, *thick* socks, and maybe a thin liner pair inside if you like. Will help stop you getting blisters!
- Waterproofs** — both jacket and trousers. Do what they say on the tin — they keep you dry. This is important for comfort (anyone soaking wet tends to be miserable) and also for warmth (you know how cold you can get when wet — outside in the wind you will rapidly increase your chance of hypothermia.) Since people seem to be very loathe to buy waterproof trousers, the club has a small stash so you can borrow them if necessary — ask the organiser of your trip who'll get it arranged.
- Hat and gloves** — to keep you warm. Old Inuit saying: "If feet are cold, put on a hat". It makes sense — you lose most of your body-heat through your head. And gloves, well, fingers always get cold. Bring these even in the summer — it's not always warm! —and they don't exactly take up loads of room in your bag. And maybe a scarf/buff.
- Warm clothes** — fleecy tops, jumpers, "sweaters" for folks from across the pond... whatever. Was it Shrek who said he was like an onion? That's how we should all be on walks — loads of *layers* to take on and off so you can keep warm/cool enough. Don't underestimate how cold you will get when you stop for lunch! Here we will also have the rant about jeans. Do not wear jeans! They're heavy, they chafe in places you really don't want them to chafe, and most of all when they get wet they stay wet for a long time and get very, very cold. Enough said!
- Rucsac** — pretty obvious really. Doesn't have to be huge, but big enough to put your stuff in (including lunch, drink and discarded layers!) And plastic bags to keep said stuff dry in said rucsac.
- Water container** — plastic bottle, platypus-type hose, Nalgene bottle... whatever. Doesn't matter as long as it holds at least a litre. Even if you're a camel you should take lots with you — even camels carry water in their humps. And you should be drinking about 2 litres a day anyway when walking to keep sufficiently hydrated. Dehydration is bad, you get headaches, nausea, disorientation, cramps, toilet problems... so yeah, drink lots and avoid it.
- Safety bits** — map, compass, torch, blister kit, plasters, whistle, space blanket/survival bag. All a good idea to carry, just in case.
- Summer things** — suncream, sunhat, sunglasses... you never know, it might turn out nice for once.
- Money** for food/drink on the journeys, in pubs etc
- Any medications** you take e.g. inhaler, epi-pen
- Camera** — to record the whole experience!
- Extra food/emergency rations** for the walks and journeys e.g. chocolate, Kendal mint cake (mmm), marzipan, Scotch eggs, we all have our favourites... Good high-energy stuff — walking is a great excuse to eat lots of calories :-)

ADD YOUR OWN personal things...

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The Club can loan you some things such as a sleeping bag or waterproofs. We also have compasses, maps and lots of other stuff. If you would like to borrow something, please ask your Trip Organiser.

OVERNIGHT stuff

Check with the Trip Organiser what you need for a specific weekend trip, it varies depending on the accommodation.

- Sleeping bag (and maybe mat)
- Mug, plate, bowl, cutlery

Also comfort bits like

- Trainer/slippers/flip-flops for in the barn
- Game for the evening
- Lots of warm comfy layers for the evenings
- Wash kit, towel etc
- Pens for filling in the Orange Book!

Most of this stuff can be bought cheaply from Millets (Queen St), Blacks (St Aldates) or Go Outdoors (near Redbridge park and ride). If you have any questions, are unsure if your kit is suitable, or want to borrow something from the club, get in touch with your Trip Organiser or the Trip & Safety Coordinator (trip.safety@ouwc.org) who will be able to help.

And have a fun trip! :-)