



GENERAL INFORMATION

- ❖ Please ensure you read the *Equipment List* with essential items, recommended items and items we ask you **not** to bring.
- ❖ Any items brought to camp which we asked you **not** to (such as, nut products, pocket knives, mobile phones, etc.) will be stored at base until the completion of the expedition.
- ❖ If you hired or purchased equipment when you registered it will be ready and waiting for you upon arrival.
- ❖ If you would like to hire or purchase any, or more, equipment please visit the *Somerset Online Store* or visit the online *Additional Equipment Order Form* via the *Somerset Duke of Ed* link.
- ❖ Somerset Group Leaders (GLs) will supply a 'group kit' of the following items for the group to carry and use. The following items are included in the group kit which means you will **not** need to bring them along yourself:
 - Dishwashing liquid, sponges & tea towels.
 - Toilet paper, trowel and hand sanitiser.
 - Knives & chopping boards.
 - Trangia stoves, fuel & matches.
 - Maps, compasses and route planning sheets (if you have your own compass and map case you can certainly bring them along).
- ❖ Please find below information on:
 - [First aid, personal medication & blister treatment](#)
 - [How to pack & fit your rucksack](#)
 - [Equipment Selection Information](#) - to help you select your shoes, raincoat, tent, sleeping bag & mat

FIRST AID, PERSONAL MEDICATION & BLISTER TREATMENT

First Aid Information

- ❖ Somerset GLs carry a comprehensive First Aid Kit and are trained in appropriate levels of Remote Area First Aid.
- ❖ The Somerset First Aid Kits contain some non-prescription medications – typically paracetamol, antihistamine and Gastro-lyte. If you have restrictions on the use of these medications it should be detailed on your medical form, if not please email us to update.
- ❖ If you are bringing along your own brand of non-prescription medications to use, please make this known to your GL on arrival and also let your GL know if you take any whilst on expedition.
- ❖ We recommend you bring along your own personal supply of Band-Aids, bite cream, etc. and store it in a zip-lock bag or other waterproof bag.

Asthma Information

- ❖ Please ensure that you have noted your severity and treatment plan on our medical form – if not please email to update.

- ❖ Please bring your own medications (enough for the duration, plus any spares as appropriate) and a copy of instructions and your treatment plan.
- ❖ When you have met your Group Leader please make it known to them where in your rucksack your medications are located in case of emergency.
- ❖ Our GLs carry spacers.

Allergy Information

- ❖ Please ensure that you have noted your severity and treatment plan on our medical form – if not please email to update.
- ❖ Please bring your own medications (enough for the duration, plus any spares as appropriate) and a copy of instructions and your treatment plan.
- ❖ When you have met your Group Leader please make it known to them where in your rucksack your medications are located in case of emergency.
- ❖ **Important** – if you are anaphylactic you are required to bring **2 epipens** (the second pen is to be carried by your Group Leader). *If you do not have 2 epipens you will be unable to commence the expedition.*

Other Medical Information

- ❖ Please ensure that you have noted any other medical issues – if not please email to update.
- ❖ A Somerset staff member may contact you prior to the expedition to obtain further information.

Blister Prevention & Treatment

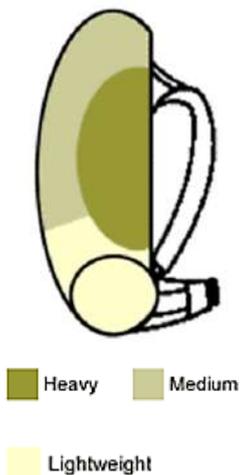
- ❖ **SHOES**
 - Ensure your shoes fit well
 - Do not wear brand new shoes - shoes must be worn in for at least a week before using for an expedition
 - Wear shoes with good grip
- ❖ **SOCKS**
 - Wear cotton, wool or specially designed socks that are moisture wicking and padded.
 - Ensure they fit well and don't bunch
 - Wear thicker than your average socks – sports socks are good.
- ❖ **AT CAMPSITE**
 - If there is time to 'air' your feet at the campsite it is a good idea!
 - Massage your feet and any sore spots
 - Watch any sore spots and even pad these with a non-stick dressing to avoid a full-blown blister.
- ❖ **TREATMENT**
 - Band-Aids specifically designed for blisters are great
 - Straight Band-Aids are okay but not ideal as your shoes still rub against the sore skin
 - *To make your own blister dressing:* Cut a small 'donut' from a non-stick dressing, or your foam mat and make sure the 'donut' will fit your blister in the centre hole. Tape or Band-Aid over this 'donut' to hold it in place.

HOW TO PACK & FIT YOUR RUCKSACK

A few simple points to keep in mind

- ❖ Limit to what you need – you can add any ‘luxury’ items later if space and weight permits
- ❖ Layout everything before you start packing
- ❖ Keep things in groups; put your jacket with your pants, your food with your utensils, etc. so everything is at hand together when you need to perform a certain task.
- ❖ Separately waterproof your sleeping bag in a waterproof stuff sack or just in a garbage bag (any colour bag but black).
- ❖ Separately waterproof your clothes in waterproof stuff sacks, zip locks or just in plastic bags (any colour bag but black).
- ❖ Refer to pack weights

Starting to pack



- ❖ Loosen all straps on your pack to open up the inside space as much as possible
- ❖ Place your sleeping bag at the bottom of your pack, squeeze any other lightweight items such as clothing into the gaps.
- ❖ Place the heavier items like your tent, food and water into the middle of your pack. This helps to reduce the downward and backward pull on your back and will make it more comfortable to carry.
- ❖ Place medium weight items like clothing, foam mat or Thermarest (self-inflating mat) around the heavier items.
- ❖ Place any items that you may need quick access to such as snacks, maps, rain-jacket or first aid items on top or in any side or top pockets.
- ❖ Do not hang any items on the outside of your pack – not only will the swinging motion interfere with your walking rhythm and make it harder and more uncomfortable to carry, you risk damaging or losing items and you will litter the bush if bits of plastic or foam that break off.

Adjusting the pack to fit you

1. Put the rucksack on your back.
2. Take time to adjust and re-adjust the straps to fit you as well as possible and to ensure your pack is as comfortable as it can be.
3. Walk around your garden or house for a bit and see what straps may need adjusting.



When you arrive at Somerset



- ❖ Your Group Leader will check off that you have all necessary equipment and may even help repack your rucksack a bit if needed.
- ❖ For those participants on an school expedition programme or attending a Duke of Edinburgh Bronze Preliminary Training and Practice Journey your Group Leader will conduct a thorough packing session and repack into the rucksacks.
- ❖ Any gear that you have purchased or hired from Somerset will be allocated and packed at this point
- ❖ Your pack will be weighed to make sure it is not too heavy – included full water bottles.
- ❖ Your Group Leader will help readjust your straps and waistband if needed too.
- ❖ Please don't hesitate to let your Group Leader know if you are unsure or uncomfortable.
- ❖ **If you would like to hire a rucksack from Somerset, please visit the *Somerset Online Store* OR the *Online Additional Equipment Order Form* via the Duke of Ed link.**

EQUIPMENT SELECTION

Shoes

- ❖ On your DoE expedition you will be walking over ground that is uneven and often rocky & leafy, therefore **comfort, support & grip** are essential features of the shoes you need to bring.
- ❖ Please also remember to bring thick, comfortable socks as this helps in the prevention of rubbing and blisters.
- ❖ For hiking:
 - Hiking shoes or boots are best as they provide ankle and arch support, and have good grip.
 - Runners/sneakers are fine as long as they are for running or cross-training not basketball or other flat-sole shoes.
 - Street shoes like Volleys, Rabens, Tigers and Vans, etc. are not suitable as they have little to no grip and are often flat-soled.
 - Shoes are likely to be exposed to harsh or dirty wear – please bring older shoes or ones that you don't mind spoiling.
- ❖ For paddling:
 - 'Aqua' shoes are best as they are flexible, enclosed, lightweight and dry relatively easily.
 - Raben or similar street shoes are fine.
 - Thongs are not suitable as they are not enclosed.
 - Shoes are likely to be exposed to harsh or dirty wear – please bring older shoes or ones that you don't mind spoiling.



Rain Jackets



- ❖ Whilst we hope not to see the rain it is essential to bring a good quality raincoat.
- ❖ The raincoat must be well-fitted but with enough room for clothing underneath
- ❖ The length must be about mid-thigh – anything shorter and clothing gets too wet.
- ❖ Your raincoat must be lightweight as you will be carrying it
- ❖ Your raincoat must have a hood
- ❖ A raincoat which is seam sealed is a good idea.
- ❖ Ponchos or Parkas or coats or raincoat with fabric lining are not suitable.
- ❖ **Somerset has a good quality raincoat available for purchase in a variety of sizes (see picture). If you would like to purchase a Raincoat, please visit the *Somerset Online Store* OR the *Online Additional Equipment Order Form* via the Duke of Ed link.**

Sleeping Gear

Sleeping Bag

- ❖ Your sleeping bag needs to be a good quality bag, as cheaper bags from department stores are not adequate.
- ❖ Your sleeping bag should be rated to 2-3°C *lower* than the expected temperature (check the tag for a temperature rating). The temperatures at Somerset are usually 1-3 degrees hotter in summer and 1-3 degrees colder in winter than Sydney. Use the Richmond weather forecast as a good indication.
- ❖ Your sleeping bag should be compact and lightweight (less than 2kg).
- ❖ A compression sack is a great idea as the bag can be 'squashed' to be as small as possible.
- ❖ A sleeping bag liner adds insulation and helps keep the inside of the bag avoid becoming too dirty or sweaty.
- ❖ Waterproof your sleeping bag in either a dry-bag or a garbage bag (any colour but black).

Sleeping Mat

- ❖ A mat is essential as it provides a layer of insulation between the sleeping bag and the ground and is also more comfortable than the ground.
- ❖ A simple foam mat is adequate and lightweight
- ❖ For more comfort a self-inflating closed cell mat is best. It will be heavier than a foam mat.
- ❖ Airbeds or stretchers are not appropriate as they are too heavy.



Foam Mat or Closed Cel Mat



Sleeping Bag with Compression sack



With the right equipment you will get a good night's sleep.

- ❖ Somerset has a good value sleeping bag and foam mat available for purchase. If you would like to purchase a Sleeping Bag and/or Mat, please visit the *Somerset Online Store* OR the *Online Additional Equipment Order Form* via the Duke of Ed link.