

What do I need to do?

- You need to start thinking about your personal fitness level.
- Do I need to arrange some fitness training before the expedition?
- What food do I and the rest of the group like to eat?
- Is it suitable for carrying in a rucksack? (Not tins, jars, fresh meat, eggs, etc.).
- Please remember you will need lots of energy you need to eat more than you would on normal school days. Lots of nibbles such as dried fruit and nuts are good.
- Clothing what clothing do you have which is suitable. Start collecting together hat, gloves, and scarf. You will need clothing to keep you warm and dry. Getting cold and wet makes your expedition feel miserable.
- Footwear - are you buying new boots?
- Have they been broken in if new?
- Have you worn your boots for any length of time?
- Take clean socks for each day of your walk. BLISTER are the biggest problem on walking expeditions - buy a blister pack.
- Have you already undertaken an expedition, for example your Bronze?
- Then think about what you took with you and did not use.



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