CHASE TRAINING SOLUTIONS

EQUIPMENT FOR NAVIGATION TRAINING AND EXPEDITIONS

BOOTS: Please make sure you buy walking boots and **NOT** Walking shoes. Boots give a lot more support around the ankle and **MUST** to be taken when on navigation walks and expeditions ☺

These do not have to be expensive, just fit for its purpose. Suggested places are Sports direct or Go outdoors. These offer affordable options. There are many outdoor shops on the high street but some can have expensive brands. I would suggest trying them on with a pair of walking socks to make sure they are appropriate for you ☺

REMEMBER- IF YOU TURN UP TO A NAVIGATION DAY OR EXPEDITION WITHOUT WALKING BOOTS, YOU WILL BE UNABLE TO TAKE PART!

SLEEPING BAGS: This need to be small, lightweight and be able to go in a stuff sack (they will be sold in these) Please make sure the sleeping bag is appropriate for the time of year you will be using it.

Sleeping bags are rated on seasons and will also show the comfort and extreme temperatures on the side of the bag:

A ***1 season sleeping bag*** will be appropriate for indoors and very warm conditions

A ***5 season sleeping bag*** will be great for winter time and can stand extreme conditions

I would suggest a 3 season sleeping bag as this would be suited to camping in spring though to autumn ☺

Thin sleeping bag liners (sold separately) add extra warmth to the sleeping bag and are also a good idea.

RUCKSACKS: Expedition rucksacks are again available at many high street outdoor retailers. They come in all sizes. If purchasing one make sure it is comfortable and well fitted. It will also need to be a **minimum size of 65l,** although you can have a larger one too.

These are **NOT** waterproof so you will need to line these with dry bags or thick bin bags to make sure everything stays dry.

WATERPROOFS: These are essential and **MUST** be taken on expedition, regardless of the weather. You will need lightweight waterproof trousers and a light waterproof jacket. Jackets that are heavy (padded) with down or synthetic filling are NOT suitable. They will absorb the water and will not be fit for purpose.

SOME OF THESE ITEMS YOU MAY BE ABLE TO BORROW FROM THE SCHOOL - PLEASE SPEAK TO THE LEAD TEACHER IF YOU HAVE ANY PROBLEMS GETTING EQUIPMENT☺

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