

Curriculum Area: SPORT

OUTDOOR EQUIPMENT GUIDANCE

These guidelines are for students studying on our programmes in Outdoor Adventure and Public Services. Please ask Outdoor Instructors if you are unsure and need advice before purchasing.

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- **Base Layer:** Basically, a t-shirt that is made from manmade fibres, not cotton- your old football top will work fine.
- **Day sack (20+litre):** Suitable for carrying waterproofs, food and drink and extra layers. Sometimes you will be carrying this all day, so comfort and a supportive waist belt is a must. 20l will be enough for a day's walking but not for climbing or winter walking. Adventure Sport Students should consider a bigger rucksack 30l to 45l as it will do for everything on the course and for their instructional career. Most of the instructional team use packs of about 40l for their instructor pack.
 - ❖ <https://alpkite.com/collections/backpacks/products/presta-20>
 - ❖ <https://alpkite.com/collections/backpacks/products/ledge-30>
- **Fleeces:** Can be cheap through to eye watering expensive, thin through to very thick, [the link is to a mid-priced thin one]. Cheap ones are just as warm as expensive ones, they just do not hold their shape but under a waterproof that will not matter! You can wear two on cold days.
 - ❖ <https://alpkite.com/collections/mens-midlayers/products/griffon-hoody-mens>
- **Hat and Gloves:** Any woolly hat and glove will do, but occasionally you will need to wear it under a helmet, so bobbles do not work. Leather palms are more expensive but make a better climbing, mountaineering glove.
 - ❖ <https://alpkite.com/collections/gloves>
 - ❖ <https://alpkite.com/collections/hats-and-headwear>
- **Rucksack (large), sleeping bag, head torch:** will be required for expeditions at end of the course.
 - ❖ <https://alpkite.com/collections/lighting>
 - ❖ <https://alpkite.com/collections/sleeping-bags>
 - ❖ <https://alpkite.com/collections/trekking-poles>
- **Walking Boots:** These need ankle support (so not shoes!!) and should be waterproof. The two examples are at the cheap end, so they probably will not last, but they will work.
 - ❖ <https://www.gooutdoors.co.uk/1226377/berghaus-men-s-expeditor-ridge-2-0-walking-boots-1226377>
 - ❖ <https://www.gooutdoors.co.uk/15907126/hi-gear-men-s-derwent-iv-walking-boots-15907126>
- **Walking Trousers:**
 - ❖ <https://alpkite.com/collections/mens-baselayers/products/koulin-trail-tee-mens>
 - ❖ <https://www.gooutdoors.co.uk/mens/clothing/trousers-and-shorts/walking-trousers/>
 - ❖ <https://alpkite.com/collections/womens-legwear>
 - ❖ <https://alpkite.com/collections/mens-legwear>

continued ...

- **Waterproof Jacket AND Trousers:** A cheap waterproof jacket will not be waterproof for long (if at all), so this is the most important item. A good waterproof jacket will last longer and keep you drier longer. Cheap waterproof trousers are fine, because waterproof trousers do not last no matter how expensive they are, so save your money towards a better jacket. Trousers need to be pulled on over boots (ankle zips). Having to take your boots off to get your waterproof trousers on takes ages, and probably means you will get wet feet.
- ❖ <https://alpkit.com/collections/mens-waterproof-jackets/products/argonaut-mens>
- **Water Sport Shoes:** If you have long legs and big feet you will need these to fit in a kayak. They should be big enough to allow warm socks (or even wetsuit socks) underneath, but not as big as trainers or boots. If you have short legs and little fit, you will fit in kayak with trainers.
- **Water bottle and flask**

Lastly, remember for all practical sessions (particularly when off-site) a packed lunch and sun cream in warmer weather are necessities.