

Have adventures



Badge
booster

Your limited edition badge booster from GO Outdoors

Ready, set, pack!

Fantastic! Well done on completing Stage 6 camp skills builder!



Note to leader

This is an extra activity sheet for girls to complete at home, or in unit after completing their stage 6 camp skills builder.

Your challenge

Choosing the right expedition kit is vital. Whether you're on an extreme expedition or gentle hike, what you take can affect your whole trip! Explore expedition kits and figure out what works for you.

What to do

Step 1

Pick your expedition

Choose one or more of the following challenges:

- **Day hike** – the forecast is showing showers throughout the day with a warm breeze. What would you take to keep yourself comfortable and dry?
- **Multi day hike** – what sleeping bag keeps you warm but is light enough to carry?
- **Weekend camping with your unit (4 people, 6-person tent)** – how will you split the load? Who carries what?

Step 2

Kit list

Make a list of everything you think you'll need for your chosen challenge. Then sort it into:

Necessities – this is something that you **need** to take with you. Like food, water, shelter.

Luxuries – these are items that you would **like** to take but could survive without. Like a speaker, a thick camping mat or an extra power bank.

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Necessities

Luxuries

Step 3

Build your kit

Find as many items from your kit list as possible. Think about how heavy and useful each item of kit is. Would you be happy to carry it on a hike? How easy is it to use? You could try putting up your tent.

If you don't have your own kit, ask to borrow someone else's or visit an outdoor shop like GO Outdoors, Blacks or Millets to see what you can find. You could even book a kit talk where staff can show you around the store and answer all your kit questions!

Top tips

- Share group kit like tents and cooking gear to reduce weight.
- Split tent components: poles, pegs, inner and outer layers.
- Always pack emergency items: like a foil blanket, personal and shared first aid kits.
- Choose gear that's lightweight, multi-use, and fits your body properly.
- Think about your expedition location: what's essential vs. luxury?
- Think about if your luxury items are worth the amount of space and weight.
- Can you wear clothes or use items multiple times?
- Did you know, your hips should take the weight off your rucksack and not your shoulders. This will make it easier to carry more weight!
- The important thing is to think about what you need to stay safe, comfortable and happy and what you're willing to carry!