



# EXPEDITION SKILLS

FOOTWEAR AND CLOTHING

WEEK 9

Your feet are going to get you from start to finish on your expedition. That means you need to take very good care of them! Choosing the correct footwear can make all the difference between having a painful and miserable expedition or having a wonderful, and comfortable expedition (no sore feet!).

Wearing the appropriate clothing on expedition is as important as footwear, it can mean you are comfortable on expedition and not carrying too many items.



## Footwear

**Walking Boots** are the best choice at All Levels! They are tough, have a good grip, protect your ankles and are made for walking on trails. Protect your Feet!

### What type of Boot is Best?

Any type of walking boot is fine for Bronze or Silver Expedition where you will likely be on trails or paths.

- Suede or Fabric boots are reasonably priced and easy to find in a variety of styles and sizes.

**Gold expeditions** can mean you are on rough paths/trails or are even in wild country. Leather or sturdier boots may be a better option for Gold expeditions. These can be more expensive, but worth it as they will last a long time for any other adventures, if properly cared for.

*Remember you should have your DofE discount card, which gives you a discount on items for expedition from a variety of shops. Outdoor shops can also help you get the right fit and style for your expedition!*

### There are 4 things to consider when choosing Boots:

1. **Grip:** You want there to be enough tread on the bottom of your boots that they don't slip. Tread is the bumps and valleys in the rubber.
2. **Fit/Support/Protection:** A good fit will keep your foot from moving around too much or being squashed. This means you will prevent Blisters! If the heel is sturdy, it will protect your ankle from turning or getting sprained. Heavy duty uppers can also protect the top of your foot if you drop something on it or kick something (like a tree root).
3. **Condition/Wear:** Keep a close eye on your boots. Every time you wear them make sure to check for wear and tear. Holes, seams splitting, soles coming off, laces shredding. If any wear and tear is on your boots, they may not last the expedition! Always clean and dry your boots after each journey.
4. **Water Resistance:** Getting Waterproof or Water resistant boots is best for Expedition, you never know what the weather will do. There are sprays you can spray onto boots to waterproof them. Do this even if they say they are waterproof and you haven't worn them yet.



*\*\*I bought a pair that said they were waterproof and the first time I went into wet grass, my feet got wet. I also saw that my laces were shredded after 1 day of wearing them. So, when you are trying them on in the store, make sure you really look at them to make sure they are in good condition. You don't want to have to buy a new pair like I did\*\**

### IMPORTANT!

**Whatever Boots you choose, remember that you need to wear them a few times BEFORE you wear them on Expedition.** This is called 'breaking in' and we all know that the more we wear shoes, the more 'broken in' they are, the more comfortable they are. You want to be comfortable on Expedition.

## Clothing

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We all have our own individual Style. Going on Expedition doesn't mean we have to change our Style, but we need to think about the type of clothes that will make the journey more comfortable for us.

### Layers:

Think of layering like you would stacking Lego bricks. You start at the bottom and build up.

- So, we start with what is next to our skin
- Next is something that can be easily put on or taken off, but thin and light-weight
- The next will be something a bit warmer (for evenings or if the weather turns colder), again something that is easy to get on and off (maybe with a zipper)

The final layer is for clothing that will keep us warm and/or dry, so waterproofs and fleeces. • A Hat is also recommended. Type depends on the weather!

#### 1st Layer: Base Layer

- T-shirts, long or short sleeve depending on the weather. (fast dry fabrics)
- Walking trousers or Soft-Shell are best for Expedition, they usually have lots of zippy pockets, dry quickly, and are comfortable.

#### 2nd Layer: Mid-Layer

- T-shirts (usually long-sleeved)
- Light-weight Tops that maybe have a half zip so you can pull them over your head.
- Light Zippy Jacket
- Sleeveless Fleeces are great if you like your arms free, they keep your body warm and keep your arms cool.

### 3rd Layer: Top Layer

- A Warm Fleece. Waterproof jackets and trousers o these can always go on top of all of your clothes if the weather is wet. They will add warmth and protection from the wet.

The Type of Fabric is also important.

- You will sweat, so clothing that dries quickly is important.
- You also want light-weight fabrics as we Always need to think about the weight in our packs.

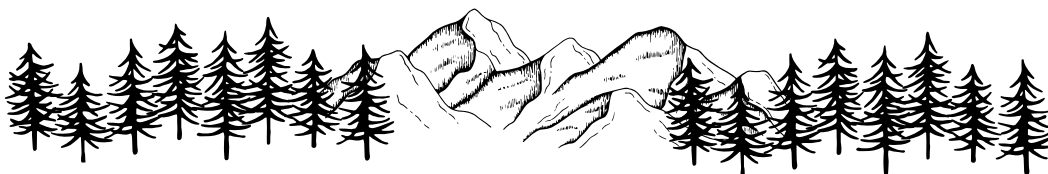
## Here is a table to help you:

Good Choices	Poor Choices
<ul style="list-style-type: none"><li>• Synthetic Thermal tops</li><li>• Synthetic 'technical' sports t-shirts</li><li>• Synthetic tracksuit trousers/leggings</li><li>• Fleece Jumpers or Jackets</li><li>• Soft Shell Jackets and Trousers</li><li>• Natural Fibres: Merino Wool products are great as they are warm and dry easily, (can be more expensive)</li></ul>	<ul style="list-style-type: none"><li>• Cotton t-shirts</li><li>• Denim or Cotton canvas</li><li>• Jeans Cotton Hoodies</li></ul> <p><b>*Cotton doesn't dry quickly*</b></p>

*\*\* The outdoor shops like Mountain Warehouse and Go Outdoors are just two of many great shops that can help you decide what clothes to wear on Expedition. They even have items marked as DofE on their websites so that you can see what the DofE recommends as a good choice.*

*It's not important for you to spend a lot of money buying clothing kit for your Expedition. You probably have most, if not all of these items already. Charity shops and discount shops can sometimes have great deals on clothing that is perfect for Expedition.*

*You will be able to wear your clothing even after Expedition, so invest wisely.*



We have a great selection of Kit available for you. For our ASN groups, there is no charge for hiring Expedition Kit.

For those of you not in one of our ASN groups, the charges are minimal per item. We have Boots, Rucksacks, Tents, Jackets, Sleeping Bags, Trangia stoves, Buffs, and Waterproofs.

So, if you find you can't buy the items you need on Expedition, please ask us, we're happy to help. We clean and keep in good repair all of our kit so that you can use it with confidence.

**That was fun, learning about clothes and shoes... Now please complete the Quiz!**

## Expedition Footwear and Clothing: QUIZ

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1. What is the best footwear to wear on Expedition?
2. What are the 4 things to consider when buying boots?
3. What item of clothing goes between your feet and boots?
4. Why should you wear your boots before going on Expedition?
5. What are the 3 Layers of Clothing you should consider when thinking about your Expedition clothing choices?
6. Should we pack heavy or light-weight clothing? Why?
7. Why do you think a cotton t-shirt is a poor choice to take on Expedition?
8. Where can you get DofE recommended Expedition Kit such as clothing or boots?
9. While we need to consider the type of fabrics and what clothing we take, what can you keep to be 'You' when on Expedition?
10. Why are walking or soft-shell trousers better than jeans on Expedition?



*Remember this quiz is just to see what you have learned, it is not graded. Please ask for help if you need it.*