



Personal kit list for the expedition to Morocco

WINTER (October to February)

General

The purchase of equipment for your expedition can be tricky and you should take extra care when putting together your personal expedition kit. Where possible keep the cost sensible and try to borrow any items that you can from your friends, the Duke of Edinburgh's Award department or Combined Cadet Force (CCF) if you have them at your school/college. Do not spend money on kit unless you really need to.

Also please be cautious when seeking advice, especially from people that may not have been to Morocco. Advice gleaned from other parties may be inaccurate for the season and the type of expedition that you are going to undertake. The attached list is your official expedition equipment list and should be strictly adhered to. If you are in any doubt then please contact World Challenge. Below is some general advice on equipment requirements and their necessity on your expedition to Morocco.

What to expect from the climate in Morocco and top tips for kit:

Daytime temperatures in lowland areas, (everywhere except Toubkal, High Atlas and M'goun) during October and February range between 20-25°C, with night temperatures dropping to around 3-10°C. For those doing a desert trek you will notice that there is a much bigger temperature difference between day and night. Even if it is not actually that cold you will feel much colder as a result of the greater temperature difference. Altitude treks will be a lot colder, with temperatures regularly dropping below zero and there is a high possibility that you will encounter snow. Rain is a possibility. The wind will be powerful; a top tip is to buy a headscarf in Marrakech which our Berber guides will show you how to wear, this will act as a great barrier to the wind, whilst also keeping the sand away from your face!

Rucksacks

These can vary enormously in price and specifications. When choosing a rucksack remember that, when loaded, an uncomfortable rucksack can give you a very hard time and it can be very bad for your back so try on several models in the shop. We recommend that you put weight into the pack in store and take plenty of time to make sure that the pack is adjusted correctly to fit your back and is comfortable to carry.

When packing do remember that you will need to keep about 10 litres of space in your rucksack free to accommodate the group equipment which is provided by World Challenge. This includes medical kits, safety ropes, cookers, fuel bottles, tents or hammocks.

Remember most rucksacks/duffel bags are not waterproof so it is essential you always line your rucksack with a **waterproof rucksack liner**, but avoid kitchen disposal bin bags as these are too flimsy and they won't last the duration of your expedition. A variety of more resistant bags, ranging from study rubble sack style liners to sophisticated waterproof bags, are available from most outdoor and many DIY shops.

Tip top tip: For easy organisation of smaller items pack your kit in several Ziploc bags (sandwich bags), which will also splash proof your items!

Rucksacks in Morocco

All Morocco expeditions are mule supported and as a result a large trekking rucksack will not be required on expedition. A 50 – 60 litre sports duffel bag will be suitable. Hard suitcases, especially the ones with wheels are not to be taken on expedition. Remember that it is essential that you waterproof your bag.

Sleeping bags

Sleeping well is an extremely important part of your expedition. There are two types of filling used in sleeping bags: down (i.e. feathers) and synthetic. Down bags are usually warmer and easier to handle for their weight and pack size but offer little insulation if wet. Synthetic bags remain warm when wet but will be heavier and bulkier than down bags. All sleeping bags are rated by season and as a general rule:

- 2 season bag - suitable down to around + 5 °C
- 3 season bag - suitable down to around - 5 °C
- 4 season bag - suitable down to around -10 °C

All ratings are only a guideline, if you know that you feel the cold when sleeping it may be advisable to use a warmer bag than recommended.

Recommendation for Morocco

Desert or low level treks will require a 2-3 season sleeping bag. Altitude treks will require a 3-4 season sleeping bag as it will be extremely cold.

Sleeping bag liners

Designed to help keep your sleeping bag clean and add a couple of extra degree's warmth, *silk* or *cotton liners* pack down small and can be washed easily. A single duvet cover, although slightly bulkier, can make a good less expensive alternative. *Fleece liners* are bulkier but upgrade a sleeping bag by one season. Sleeping bag liners are very useful if you expect to experience different weather and climatic conditions on expedition as they provide some versatility. They are also useful when staying at budget hotels/hostels where you may prefer to use your own linen.

Recommendation for Morocco

This is down to individual preference and it is not essential unless you feel the cold at night.

Sleeping mats

When you sleep directly on the ground in your sleeping bag, you lose body heat. Sleeping mats are designed to insulate you from the ground and can make a difference of around 2 - 4°C to the warmth of your sleeping bag. There are basically two types of sleeping mats: foam and inflatable mats. *Foam mats* are cheap and reliable, however it is important to have a good quality foam mat - the cheapest mats may not last the duration of the expedition and will provide very little protection. *Inflatable mats* are more comfortable and offer more insulation but are more expensive and could puncture, though repair kits are available. It is not necessary to purchase this for your expedition as long as you have a good quality foam mat, unless you feel you require the additional warmth.

Recommendation for Morocco

A sleeping mat is required for all Morocco expeditions. Stick with a thinner cheaper foam mat for low level treks as it will be warmer and opt for a thick foam or inflatable mat for altitude trekking.

Walking boots

There are two types of boots: leather and fabric. As a general rule of thumb *leather boots will* give slightly better support to your ankle and will last longer but do take longer to break in. *Fabric boots* are extremely popular and perform well in warm-weather destinations. They offer greater comfort and breathability and are perfectly suitable for your expedition. Whichever type of boot you chose they must have a rigid sole with a good tread and good ankle-support. It is advisable to purchase your boots well before your expedition and wear them for a few small treks to make sure they are comfortable.

Recommendation for Morocco

Low level or desert treks will require a pair of lightweight and breathable boots. Altitude treks will require a substantial trekking boot with a more rigid sole. Approach shoes or shoes without ankle support are not suitable for Morocco.

Waterproofs (shell layer)

When you are out all day, good protection from the elements is essential for comfort and safety. Breathable fabrics are advisable but do not spend a lot of money on fabrics such as Gore-Tex unless you plan to use them on a regular basis after your expedition. Essential features of a jacket include an integral hood with stiffened peak and full storm flaps covering zips and pockets, which are accessible when wearing a rucksack. Waterproof trousers and jackets should also have taped seams. The requirement for a good quality 'shell' that will give reliable protection from the wind and rain, as opposed to simpler light-weight waterproofs, will depend on the climate and altitude of the treks on your itinerary.

Recommendation for Morocco

Rain is unlikely at this time of year so you don't need to spend a lot of money on expensive technical waterproofs. Altitude treks require more durable and heavier waterproofs. Even though it is unlikely to rain in Morocco, when it rains it pours. A mac in a pac is NOT adequate.

Fleece jackets

Fleece jackets vary enormously in price. The aim of a fleece jacket is to keep you warm as part of a layering system. The layering system works by trapping warm air between the layers, so baggy fitting layers are not effective. Fleeces 'wick' (expel) moisture away from the body and retain little water, but beware of cheap imitations as they will not wick efficiently and weigh more. The majority of fleeces are not windproof so they usually need a shell layer to cover them if it is cold and windy (i.e. your waterproof jacket and trousers). Micro fleeces add an additional layer of warmth.

Recommendation for Morocco

Low level or desert treks will require a single medium weight fleece. For altitude treks a heavy weight fleece which you can layer with a lightweight 'micro fleece' is recommended.

Money Belt

These are designed to be worn on the waist under your clothing for maximum security. Ideally the money belt pouch should be large enough to take a passport and keep your cash unfolded. A money belt is highly recommended for your expedition to Morocco. Top Tip: keep the majority of your money in your belt, but always have a small amount in your wallet.

Base Layers

As previously mentioned, warmth and comfort is attained by the layering system. Thermals are the first layer or base layer and should be close fitting to work effectively. Their aim is to wick moisture away from the skin and dry quickly. They are usually available in different weights and can be quite inexpensive. Avoid those made from cotton as these do not have any wicking properties. Technical synthetic fabrics such as polyester or polypropylene are ideal. Cotton, however, may well be appropriate for hot climates although, once wet, cotton becomes cold and clammy and takes a long time to dry.

Recommendation for Morocco

Due to the cold nights that you will experience in the mountains, it is advised that you bring a good set of base layers (including thermals) for altitude treks.

Water Bottles

Keeping fully hydrated is essential, you will drink far more water than normal whilst trekking. Whilst on expedition you must carry at least two 1L water bottles, one to purify your water in, and one to drink from. Additional water storage may be required for some destinations.

Recommendation for Morocco

You need to be able to carry 3 litres of water. A combination of one 1 litre water bottle and a 2 litre hydration system is recommended.

Walking Poles

These are particularly useful for longer treks (5 days plus) or high mountain treks. Research shows that the use of two walking poles can reduce the strain on the back, leg-joints, ankles and knees by up to 60%, especially on down hill stretches when carrying rucksacks. If purchasing walking poles please note that cost does not necessarily represent extra quality, and two is better than one, but one is better than none at all!

Recommendation for Morocco

Due to the short length of your expedition and the fact that it is mule supported, walking poles are unnecessary for Morocco, but as mentioned in the text above they can help whilst trekking.

Individual kit list for Morocco: **Winter (October to February)**

Base Layer	
2	T-shirts (Not sleeveless T shirts or vest tops, these are not culturally appropriate)
2 pairs	Heavy duty walking socks. (Medium weight for lowland/desert treks)
3 pairs	Underwear
1 set	Thermals (Altitude treks only)
Warmth Layer / Trekwear	
2 pairs	Comfortable, strong, quick-drying trousers
1	Long-sleeved top
1	Micro-fleece
1	Fleece Jacket
1 pair	Warm gloves (Not mittens)
1	Wool or fleece hat
Protective layer	
1	Wide-brimmed sunhat (not baseball cap)
1	Lightweight waterproof jacket
1 pair	Lightweight waterproof trousers
Misc	
1	Bathing costume
1 set	Old clothes for use on project phase (if you are undertaking a project).
Footwear	
1 pair	Walking boots with good ankle support and semi-rigid sole
1 pair	Sandals with ankle strap or old trainers
Equipment	
1	Large duffel bag (50-60 litre)
1	Daysack (30-40 litres) To be worn whilst trekking
1	Rucksack liner to waterproof your kit
1	Sleeping bag and compression sack
1	Sleeping mat (foam)
1	Head torch and spare batteries
1	Torch and spare batteries
4	1 litre water bottles or equivalent hydration system
1 pair	Sunglasses (good quality, UV A and B reflective)
1	Towel (not beach towel, but lightweight travel towel)
1	Whistle on string to be worn around the neck
1 set	Fork, spoon, mug and bowl.
Optional	
1 set	Walking Poles
1 set	Playing cards
1	Paperback book
Health and hygiene	
1	Washing / shaving kit
1 roll	Toilet paper
1	Large packet of wet wipes or antibacterial gel
1	Insect repellent (formulas with DEET tend to be the most effective)
1	Sunblock/ high factor sun cream
1	Tube of lip sun block / lip salve (Essential for the desert phases)
Sufficient	Soap
Sufficient	Sanitary products (females)
1	Antibacterial foot powder

Sufficient	Personal medication
1	Personal first aid kit to include antiseptic cream/wipes, assorted plasters, blister kit, Antihistamine for allergies (not Triludan), 10 x re-hydration sachets i.e. Dioralyte. Painkillers i.e. paracetamol,
Ancillaries	
1	Notebook/ journal and pen
1	Small penknife
1 pair	Gardening/work gloves for the project phase (if applicable)
1	Money belt
1	Cheap waterproof watch with alarm.
1	Set of resalable plastic bags for waterproofing and organising kit.
Group items (per 3 /4 people or 'tent' group)	
1	Travel sewing kit
1	Spare boot laces
15m	Strong synthetic cord (paracord)
1	Roll of thick waterproof plastic tape (Gaffa Tape)
1	Box of waterproof matches/ lighter
1	Spare torch and batteries
1	Guide book
Documentation	
1	Passport (must be valid for at least 6 months after your return date)
1	Visa (if applicable)
2	Copies of passport (photo page) – take these to build up day
	Ensure that you complete your personal contact details online (on the expedition members' website) at least 4 weeks prior to your departure
4	Passport Photographs – take these to build up day

Please note you are advised to travel to your destination in clothes from this kit list so as to avoid taking unnecessary items on expedition with you. They will only weigh you down!

Cost versus quality

Do not feel that you have to buy the most expensive equipment and do try to borrow as much as you can. If you are unable to borrow the equipment, Cotswold Outdoor provides an exclusive service offering Challengers, School Leaders and Expedition Leaders advice and discounted prices on clothing and equipment suitable for your specific expedition. You can either use their efficient mail order service (Tel: +44 (0)844 557 7755), visit their website (www.cotswoldoutdoor.com) or visit a Cotswold Outdoor shop personally for equipment advice. Don't forget to use your World Challenge discount card (if you haven't received yours please contact our Support Team on +44(0)1494 427 600 or email welcome@world-challenge.co.uk)

If you intend to get a lot of use from your equipment prior to or after the expedition, then you may feel that you would prefer to buy leading brand items. These will probably last for longer, particularly if you envisage continuing your interest in the outdoors after the expedition. Manufacturers sometimes even offer lifetime guarantees on equipment such as rucksacks and waterproofs.



Personal kit list for the expedition to Morocco **SUMMER (March to September)**

General

The purchase of equipment for your expedition can be tricky and you should take extra care when putting together your personal expedition kit. Where possible keep the cost sensible and try to borrow any items that you can from your friends, the Duke of Edinburgh's Award department or Combined Cadet Force (CCF) if you have them at your school/college. Do not spend money on kit unless you really need to.

Also please be cautious when seeking advice, especially from people that may not have been to Morocco. Advice gleaned from other parties may be inaccurate for the season and the type of expedition that you are going to undertake. The attached list is your official expedition equipment list and should be strictly adhered to. If you are in any doubt then please contact either World Challenge or Cotswold Outdoor. Below is some general advice on equipment requirements and their necessity on your expedition to Morocco.

What to expect from the climate in Morocco and top tips for kit:

You will be visiting Morocco during the summer months when it will be hot, so it is very important that you are prepared for the conditions. Daytime temperatures in lowland areas (all treks except Toubkal, High Atlas and M'goun) during the summer months range between 23-40°C, with night time being around 7-20°C. If you are doing an altitude trek, you will find it cooler in the mountains and so you will need to bring a warm fleece for the night. Rain is unlikely at this time of year, although it has been known to rain at this time of year in Morocco in the past. The wind will be powerful; a top tip is to buy a headscarf in Marrakech which your Berber guides will show you how to wear; this will act as a great barrier to the wind, whilst also keeping the sand away from your face!

Rucksacks

These can vary enormously in price and specifications. When choosing a rucksack remember that, when loaded, an uncomfortable rucksack can give you a very hard time and it can be very bad for your back so try on several models in the shop.

When packing do remember that you will need to keep about 10 litres of space in your rucksack free to accommodate the group equipment which is provided by World Challenge. This includes medical kits, safety ropes, cookers, fuel bottles, tents or hammocks.

Remember most rucksacks/duffel bags are not waterproof so it is essential you always line your rucksack with a waterproof rucksack liner, but avoid kitchen disposal bin bags as these are too flimsy and they won't last the duration of your expedition. A variety of more resistant bags, ranging from study rubble sack style liners to sophisticated waterproof bags, are available from most outdoor and many DIY shops.

Rucksacks in Morocco

All Morocco expeditions are mule supported and as a result a large trekking rucksack will not be required on expedition. A 50 – 60 litre sports duffel bag will be suitable. Hard suitcases, especially the ones with wheels are not to be taken on expedition. Remember that it is essential that you waterproof your bag.

Sleeping bags

Sleeping well is an extremely important part of your expedition. There are two types of filling used in sleeping bags: down (i.e. feathers) and synthetic. Down bags are usually warmer and easier to handle for their weight and pack size but offer little insulation if wet. Synthetic bags remain warm when wet but will be heavier and bulkier than down bags. All sleeping bags are rated by season and as a general rule:

- 2 season bag - suitable down to around + 5 °C
- 3 season bag - suitable down to around - 5 °C
- 4 season bag - suitable down to around -10 °C

All ratings are only a guideline, if you know that you feel the cold when sleeping it may be advisable to use a warmer bag than recommended.

Recommendation for Morocco

Desert or low level treks will require a 2-3 season sleeping bag. Altitude treks will require a 3 season sleeping bag as the temperature can drop at night in the mountains.

Sleeping bag liners

Designed to help keep your sleeping bag clean and add a couple of extra degree's warmth, *silk* or *cotton liners* pack down small and can be washed easily. A single duvet cover, although slightly bulkier, can make a good less expensive alternative. *Fleece liners* are bulkier but upgrade a sleeping bag by one season. Sleeping bag liners are very useful if you expect to experience different weather and climatic conditions on expedition as they provide some versatility. They are also useful when staying at budget hotels/hostels where you may prefer to use your own linen.

Recommendation for Morocco

This is down to individual preference and it is not essential unless you feel the cold at night. In the desert where it is warm at night at this time of the year, you may find a sleeping bag liner useful.

Sleeping mats

When you sleep directly on the ground in your sleeping bag, you lose body heat. Sleeping mats are designed to insulate you from the ground and can make a difference of around 2 - 4°C to the warmth of your sleeping bag. There are basically two types of sleeping mats: foam and inflatable mats. *Foam mats* are cheap and reliable, however it is important to have a good quality foam mat - the cheapest mats may not last the duration of the expedition and will provide very little protection. *Inflatable mats* are more comfortable and offer more insulation but are more expensive and could puncture, though repair kits are available. It is not necessary to purchase this for your expedition as long as you have a good quality foam mat; unless you feel you require the additional warmth.

Recommendation for Morocco

A sleeping mat is required for all Morocco expeditions. Stick with a thinner cheaper foam mat for low level treks as it will be warmer and opt for a thick foam or inflatable mat for altitude trekking.

Walking boots

There are two types of boots: leather and fabric. As a general rule of thumb *leather boots will* give slightly better support to your ankle and will last longer but do take longer to break in. *Fabric boots* are extremely popular and perform well in warm-weather destinations. They offer greater comfort and breathability and are perfectly suitable for your expedition. Whichever type of boot you chose they must have a rigid sole with a good tread and good ankle-support. It is advisable to purchase your boots well before your expedition and wear them for a few small treks to make sure they are comfortable.

Recommendation for Morocco

Low level or desert treks will require a pair of lightweight and breathable boots. Altitude treks will require a substantial trekking boot with a more rigid sole. Approach shoes or shoes without ankle support are not suitable for Morocco.

Waterproofs (shell layer)

When you are out all day, good protection from the elements is essential for comfort and safety. Breathable fabrics are advisable but do not spend a lot of money on fabrics such as Gore-Tex unless you plan to use them on a regular basis after your expedition. Essential features of a jacket include an integral hood with stiffened peak and full storm flaps covering zips and pockets, which accessible when wearing a rucksack. Waterproof trousers and jackets should also have taped seams. The requirement for a good quality 'shell' that will give reliable protection from the wind and rain, as opposed to simpler light-weight waterproofs, will depend on the climate and altitude of the treks on your itinerary.

Recommendation for Morocco

Although rain is unlikely in Morocco during the summer months, it is important that you bring waterproofs with you as it has been known to rain at this time of the year! It is not necessary to spend a lot of money on expensive technical waterproofs. Altitude treks require more durable and heavier waterproofs though. A mac in a pac is NOT adequate.

Fleece jackets

Fleece jackets vary enormously in price. The aim of a fleece jacket is to keep you warm as part of a layering system. The layering system works by trapping warm air between the layers, so baggy fitting layers are not effective. Fleeces 'wick' (expel) moisture away from the body and retain little water, but beware of cheap imitations as they will not wick efficiently and weigh more. The majority of fleeces are not windproof so they usually need a shell layer to cover them if it is cold and windy (i.e. your waterproof jacket and trousers). Micro fleeces add an additional layer of warmth.

Recommendation for Morocco

Low level or desert treks will require a single medium weight fleece. For altitude treks a heavy weight fleece which you can layer with a lightweight 'micro fleece' is recommended.

Base Layers

As previously mentioned, warmth and comfort is attained by the layering system. Thermals are the first layer or base layer and should be close fitting to work effectively. Their aim is to wick moisture away from the skin and dry quickly. They are usually available in different weights and can be quite inexpensive. Avoid those made from cotton as these do not have

any wicking properties. Technical synthetic fabrics such as polyester or polypropylene are ideal. Cotton, however, may well be appropriate for hot climates although; once wet, cotton becomes cold and clammy and takes a long time to dry.

Recommendation for Morocco

You might want to consider a set of base layers if you are trekking in the mountains where it will be cooler at night.

Water Bottles

Keeping fully hydrated is essential, you will drink far more water than normal whilst trekking. Whilst on expedition you must carry at least two 1L water bottles, one to purify your water in, and one to drink from. Additional water storage may be required for some destinations.

Recommendation for Morocco

You need to be able to carry 3 litres of water. A combination of one 1 litre water bottle and a 2 litre hydration system is recommended.

Walking Poles

These are particularly useful for longer treks (5 days plus) or high mountain treks. Research shows that the use of two walking poles can reduce the strain on the back, leg-joints, ankles and knees by up to 60%, especially on down hill stretches when carrying rucksacks. If purchasing walking poles please note that cost does not necessarily represent extra quality, and two is better than one, but one is better than none at all!

Recommendation for Morocco

Due to the short length of your expedition and the fact that it is mule supported, walking poles are unnecessary for Morocco, but as mentioned in the text above they can help whilst trekking.

Money Belt

These are designed to be worn on the waist under your clothing for maximum security. Ideally the money belt pouch should be large enough to take a passport and keep your cash unfolded. A money belt is highly recommended for your expedition to Morocco.

Individual kit list for Morocco: Summer (March to September)

Base Layer	
2	T-shirts (Not sleeveless T shirts or vests, due to cultural differences)
2 pairs	Heavy duty walking socks
3 pairs	Underwear
1 set	Thermals (Altitude only)
Warmth Layer / Trekwear	
2 pairs	Comfortable, strong, quick-drying trousers.
1 pair	Comfortable cotton shorts or equivalent
1	Long-sleeved shirt or equivalent
1	Micro-fleece
1	Fleece Jacket (Not essential for lowland treks)
1 pair	Warm gloves (Altitude treks only, not mittens)
1	Wool or fleece hat (Altitude treks only)
Protective layer	
1	Wide-brimmed sunhat (not baseball cap).
1	Lightweight waterproof jacket
1 pair	Lightweight waterproof trousers
Misc	
1	Bathing costume
1 set	Old clothes for use on project phase (if you have one).
Footwear	
1 pair	Walking boots with good ankle support and semi-rigid sole
1 pair	Sandals with ankle strap or old trainers
Equipment	
1	Large duffel bag (50 – 60litres)
1	Day sack (30-40litres). To be worn whilst trekking
1	Rucksack liner to waterproof your kit
1	Sleeping bag and compression sack
1	Sleeping mat (foam or inflatable)
1	Head torch and spare batteries
3	1 litre water bottles or equivalent hydration system
1 pair	Sunglasses (good quality, UV A and B reflective)
1	Towel (not beach towel, but lightweight travel towel)
1	Whistle on string to be worn around the neck
1 set	Fork, spoon, mug and bowl
Optional	
1 set	Playing cards
1 set	Walking poles
1	Paperback book

Health and hygiene	
1	Washing / shaving kit
1 roll	Toilet paper
1	Large packet of wet wipes or antibacterial gel
1	Insect repellent (formulas with DEET tend to be the most effective)
1	Sunblock/ high factor sun cream
1	Tube of lip sun block / lip salve
Sufficient	Biodegradable soap
Sufficient	Sanitary products (females)
1	Antibacterial foot powder
Sufficient	Personal medication
1	Personal first aid kit to include antiseptic cream/wipes, assorted plasters, blister kit, Antihistamine for allergies (not Triludan), 10 x re-hydration sachets i.e. Dioralyte, painkillers i.e. paracetamol
Ancillaries	
1	Notebook/ journal and pen
1	Small penknife
1 pair	Gardening/work gloves for the project phase (if applicable)
1	Money belt
1	Cheap waterproof watch
1	Set of resalable plastic bags for waterproofing kit
Group items (per 3 /4 people or 'tent' group)	
1	Travel sewing kit
1	Spare boot laces
15m	Strong synthetic cord (paracord)
1	Roll of thick waterproof plastic tape (Gaffa Tape)
1	Box of waterproof matches/ lighter
1	Guide book
Documentation	
1	Passport (must be valid for at least 6 months after your return date)
1	Visa (if applicable)
2	Copies of passport (photo page) – take these to build up day
2	Passport Photographs*
3	Copies of personal contact details*
	Ensure that you complete your personal contact details online (on the expedition members' website) at least 4 weeks prior to your departure

Please note you are advised to travel to your destination in clothes from this kit list so as to avoid taking unnecessary items on expedition with you. They will only weigh you down!

***(N.B. Your school leader may collect these items in advance of the build up day)**

Cost versus quality

Do not feel that you have to buy the most expensive equipment and do try to borrow as much as you can. If you are unable to borrow the equipment, Cotswold Outdoor provides an exclusive service offering Challengers, School Leaders and Expedition Leaders advice and discounted prices on clothing and equipment suitable for your specific expedition. You can either use their efficient mail order service (Tel: +44 (0)844 557 7755), visit their website (www.cotswoldoutdoor.com) or visit a Cotswold Outdoor shop personally for equipment advice. Don't forget to use your World Challenge discount card (if you haven't received yours

please contact our Support Team on +44(0)1494 427 600 or email welcome@world-challenge.co.uk!

If you intend to get a lot of use from your equipment prior to or after the expedition, then you may feel that you would prefer to buy leading brand items. These will probably last for longer, particularly if you envisage continuing your interest in the outdoors after the expedition. Manufacturers sometimes even offer lifetime guarantees on equipment such as rucksacks and waterproofs.