



**Abbotsholme**

## **Abbotsholme OEd**

### **General Kit List for Outdoor Activities**

#### **Standard Items**

<b>ITEM</b>	<b>DESCRIPTION OR COMMENTS</b>
Waterproof cagoule/jacket	Strong, ideally breathable fabric with taped seams, a storm flap (ideally double) and hood. 'Cag in the bag' type thin cagoules are unsuitable.
Waterproof over- trousers.	Strong, ideally breathable fabric, taped seams, ideally small side-zips to allow easy putting on over boots.
Fleece jacket x2	1 mid-weight fleece (Polartec 200 or equivalent) plus lightweight fleece(s). Decathlon is an excellent source of good value fleeces.
Baselayers X 2	Thermal top, e.g. Helly Hansen 'Lifa' – particularly useful for water sports, winter activities. Second top could be another one or a 'wicking' T shirt (synthetic fabric).
Thermal bottoms	'Long john' type thermal bottoms, similar to the thermal top.
Walking boots	Leather upper recommended, or fabric with waterproof liner. Strong, with good tread and a stiff sole, for mountain walking. Avoid lightweight 'trainer' type boots. Doc Martens, Caterpillars and walking shoes are not suitable.
Walking socks	Thick socks (wool, acrylic, etc.) and 'wicking' liner socks (not cotton).
Warm hat	Fleece or woollen type.
Warm gloves	Fleece or thinsulate lined wool are recommended. Ideally windproof.
Rucksack	Pupils in Year 9 and above need a 65 litre sac, with hip belt and sternum (chest) strap. One with straps at the side instead of side pockets is recommended, e.g. Vango Pumori 60+10, Berghaus C7, Vango Fitzroy, Lowe Alpine Frontier, Macpac Traverse or Esprit. In Year 7-8 a 25-35 litre day sac would suffice, though they would also need a kit bag or holdall for carrying gear for weekends, etc.
Rucksack liner	Plastic rucksack liner or thick 'rubble' bag or ideally a dry bag (e.g. Exped 80 litre). Waterproof covers for rucksacks are not recommended and are not a substitute.
Water bottle	Plastic (Nalgene) or metal ('SIGG') style, with screw cap. 1 litre recommended.

## Camping Equipment

This is needed for summer camps, Duke of Edinburg Award training weekends, and some hikes.

ITEM	DESCRIPTION OR COMMENTS
Sleeping bag.	Three season 'mummy' type design. Another option is to buy a 2-season bag and a liner that can be used to up-rate the bag to 3 seasons when needed.
Camping mat	Karrimat style or Thermarest.
Knife, fork & spoon, Plate Bowl, Mug	Either camping style set or normal cutlery. 'Sporks' are lightweight and cheap.
Torch	Good quality, durable but lightweight torch. Headtorches (e.g. Petzl) are recommended for D of E trainees.
Compass & marker pen & whistle	THESE ARE FOR SILVER AND GOLD D OF E CANDIDATES ONLY Silva Field Type 2 Compass is adequate, but Silva Ranger Type 3 with roamer and magnifying glass is recommended.

If you have any queries about purchase of equipment, please refer to David Simpson, Head of Outdoor Education, [david.simpson@abbotsholme.co.uk](mailto:david.simpson@abbotsholme.co.uk).

## Prep School Essential Outdoor Education Kit List (See above list for advice on type)

- Walking boots
- Waterproof cagoule
- Waterproof over trousers
- Thin top and thicker top
- Thick socks
- Rucksack and liner
- Hat; sun or warm hat as appropriate
- Gloves
- For the summer camp a sleeping bag