



THINGS TO PACK

Because there were four of us travelling together (five with Timmy, of course!) we were able to split the load between us! Sharing the heavy objects between the members of the group is the best way of making sure everyone's pack is manageable.

George's Pack

- | | |
|--|---|
| <input checked="" type="checkbox"/> Torch | <input checked="" type="checkbox"/> Blanket for Timmy |
| <input checked="" type="checkbox"/> Spare clothes | <input checked="" type="checkbox"/> First Aid Kit |
| <input checked="" type="checkbox"/> Towel | <input checked="" type="checkbox"/> Water purification tablets |
| <input checked="" type="checkbox"/> Towel for Timmy | <input checked="" type="checkbox"/> Insect Repellent |
| <input checked="" type="checkbox"/> Toothbrush | <input checked="" type="checkbox"/> Timmy's brush |
| <input checked="" type="checkbox"/> 2 water bottles
(1 for Timmy) | <input checked="" type="checkbox"/> Dog bowl |
| <input checked="" type="checkbox"/> Whistle | <input checked="" type="checkbox"/> Timmy's favourite
biscuit treats |
| <input checked="" type="checkbox"/> Sleeping bag | |



To see everything to put in our First Aid kit, see Page 44.



Dick's Pack

- | | |
|---|--|
| <input checked="" type="checkbox"/> Head torch | <input checked="" type="checkbox"/> Swiss Army Knife |
| <input checked="" type="checkbox"/> Spare clothes | <input checked="" type="checkbox"/> Radio |
| <input checked="" type="checkbox"/> Towel | <input checked="" type="checkbox"/> Spare Batteries |
| <input checked="" type="checkbox"/> Toothbrush | <input checked="" type="checkbox"/> Flares |
| <input checked="" type="checkbox"/> Whistle | <input checked="" type="checkbox"/> Binoculars |
| <input checked="" type="checkbox"/> Water bottle | <input checked="" type="checkbox"/> Ropes |
| <input checked="" type="checkbox"/> Sleeping bag | <input checked="" type="checkbox"/> Small shovel |
| <input checked="" type="checkbox"/> Fishing kit | |

Dick was always the one to have the latest gadget in his pack. Today he'd pack a GPS and a satellite phone!



Anne's Pack



Our domestic expert, Anne, packed all the food and cooking equipment.

- | | |
|--|--|
| <input checked="" type="checkbox"/> Torch | <input checked="" type="checkbox"/> Camping pan |
| <input checked="" type="checkbox"/> Spare clothes | <input checked="" type="checkbox"/> Soap |
| <input checked="" type="checkbox"/> Towel | <input checked="" type="checkbox"/> Can opener |
| <input checked="" type="checkbox"/> Toothbrush | <input checked="" type="checkbox"/> Bottle opener |
| <input checked="" type="checkbox"/> Whistle | <input checked="" type="checkbox"/> Bags to pack
our rubbish in |
| <input checked="" type="checkbox"/> Water bottle | <input checked="" type="checkbox"/> Eating utensils |
| <input checked="" type="checkbox"/> Guide to British
wildlife | <input checked="" type="checkbox"/> Toilet paper |
| <input checked="" type="checkbox"/> Guide book
for identifying
wild food | <input checked="" type="checkbox"/> Tea bags |
| <input checked="" type="checkbox"/> Fuel for
camping stove | <input checked="" type="checkbox"/> Dehydrated food |
| | <input checked="" type="checkbox"/> Rice |
| | <input checked="" type="checkbox"/> Ginger beer |

Julian's Pack

- | | |
|---|--|
| <input checked="" type="checkbox"/> Torch | <input checked="" type="checkbox"/> Ground mat |
| <input checked="" type="checkbox"/> Spare clothes | <input checked="" type="checkbox"/> Sleeping Bag |
| <input checked="" type="checkbox"/> Towel | <input checked="" type="checkbox"/> Adventure books
to read |
| <input checked="" type="checkbox"/> Toothbrush | <input checked="" type="checkbox"/> Maps |
| <input checked="" type="checkbox"/> Whistle | <input checked="" type="checkbox"/> Compass |
| <input checked="" type="checkbox"/> Water bottle | <input checked="" type="checkbox"/> Matches or flint |
| <input checked="" type="checkbox"/> Sketch book | <input checked="" type="checkbox"/> Anne's sleeping bag |
| <input checked="" type="checkbox"/> Journal | <input checked="" type="checkbox"/> Anne's Camping
Stove |
| <input checked="" type="checkbox"/> Pens | |
| <input checked="" type="checkbox"/> Tent | |
| <input checked="" type="checkbox"/> Tarpaulin | |



Being the strongest I also helped carry some of Anne's equipment.



HOW TO FIND WATER

You are lost in the wilderness and your bottle or canteen is empty. There's no sign of lakes or rivers nearby and your thirst is growing by the second. What do you do?

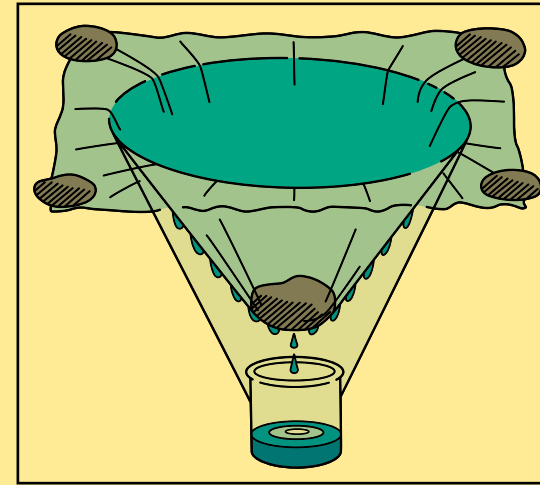
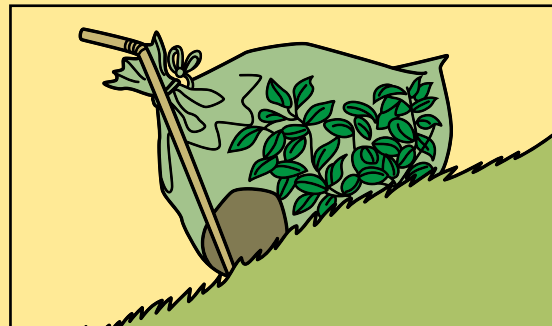
ABOVE-GROUND STILL

You will need:

- A sunny slope
- A clear plastic bag
- A small rock with any soil or dirt brushed off
- Leafy green vegetation
- Something to tie the end of the bag
- A piece of tubing, straw, hollow reed if available

01. The most important thing before you start is to make sure none of your vegetation is poisonous or you will have poisoned water.
02. Remove all sticks and anything that may cause a puncture in the bag.
03. Fill the bag with air by holding the edges and facing it into the breeze, or swing it around you until it inflates.
04. Put your green vegetation in the bag until it is around half to three-quarters full.
05. Place the rock in the bag with the greenery.
06. If you have a straw or hollow reed put this into the bag with the end exposed. This will allow you to drain the water without opening the bag.

07. Tie off the end of the bag as tight as possible, if using a tube or straw put a stopper in the end to prevent air escaping from the bag.
08. Place the bag on the sunny slope with the mouth of the bag facing downhill, slightly raised above the rest of the bag, and make sure the bag is fully exposed to the sunlight.
09. The small rock you placed in the bag should be at the lowest point in the bag.
10. To retrieve the water, wait around 24 hours and either use the tube you inserted, or untie the mouth of the bag to release the water that has gathered around the rock.
11. Once you have drained the water, replace the vegetation and repeat the entire process to obtain the maximum water available.



SOLAR STILL

You will need:

- Large plastic sheet or tarpaulin
- Something to collect your water in
- A medium sized rock (around 500g)
- A number of heavier rocks

01. Dig a conical hole in the ground around 1.5 metres wide at the top and narrowing until you reach around 60cm in depth to the bottom.
02. The bottom of the hole should be in the centre with equal distance from each side.
03. Put your collection device at the bottom of the hole, a medium saucepan or pot is best.
04. Lay your plastic sheet or tarpaulin over the hole. Place your larger rocks around the outside of the sheet at the perimeter of your hole and pull the sheet to stop it touching the sides of your hole.
05. Place the medium sized rock in the centre so it is over your pot.
06. The centre of the sheet should have sagged under the weight of the rock to sit around 45 centimetres below the surface of the ground with the rock sitting about 15 centimetres above the pot.
07. Wait 24 hours.
08. Water vapour from the soil and atmosphere will form on the underside of your sheet and drip into the pot below.

09. A hot day and a cold night will give you around 600ml of water.
10. Although the water should be safe to drink, it is best to boil it first just to be on the safe side.
11. Remember to move the still you have made every three days as you will have taken all the water you can from that hole.

PURIFY AND STAY SAFE

Any water you collect while adventuring should be purified. Even if the water looks clear and clean, it can still hide microbes and organisms that could make you very sick. Boiling is the best way to purify your water and will kill all harmful organisms and microbes. Many camping stores also sell water purification tablets that do the same job.

01. If your water is cloudy or muddy allow it to stand in a large pot for at least 12 hours to allow settling of the mud or particles. Then carefully scoop out the water and avoid disturbing what has settled.
02. Begin by pouring your water through a clean pillow-case, a piece of denim or, if you have one, a coffee filter. This will remove any large particles or impurities from the water.
03. Place the water in a clean receptacle, place over your camp fire and bring to the boil.
04. When the water is boiling allow it to continue boiling hard for up to two minutes. Boiling for longer will cause you to lose water in steam and also make the water taste flatter. Remember, the higher you are above sea level the quicker the water will boil.
05. Make sure you do not allow your purified water to come into contact with any item that has contained or been in contact with un-purified water as this will re-contaminate it.
06. Stir the water vigorously to add oxygen back into it.
07. Using two clean un-contaminated receptacles, pour the water between the two several times, this once again adds oxygen.
08. Add a little squash if available or powdered water flavourings (available from many hiking and camping stores).

HOW TO CROSS A RIVER

Hot on the trail, you find the only way forwards is blocked by a river. Going around will take too long and the nearest bridge has collapsed in a storm, so your only choice is to take the risky route of crossing it.



FIND THE BEST POSSIBLE PLACE TO CROSS

01. Cross at the river's widest point. It will be the shallowest and slowest part of the river.
02. Avoid rocky areas. The rocks can be slippery and dangerous.

TEST THE DEPTH OF THE RIVER AND THE STRENGTH OF ITS CURRENT

01. Use a long stick to test how deep the river is. Remember, the river is deeper in the middle than at the banks.
02. If the river is deeper than your knees and the water pushes at your legs, bubbling and swirling, the river is too strong and it is dangerous to cross.

03. Float a stick down stream. Watch to see how fast the stick travels. A fast moving river can be difficult and dangerous to cross. Remember, a river's current is faster in the middle than at the banks.
04. As you cross the river, keep using a long stick to test its depth. Don't lean on the stick for support, you can easily slip and fall.

CROSS THE RIVER WITH YOUR WALKING SHOES ON

01. As long as you are wearing sensible footwear, it is better to keep your shoes on.
02. Shoes will help your feet get a firmer hold on the riverbed, and protect them from the sharp edges of stones that may be on the bottom and can cause serious injury.

DON'T GET ALL YOUR THINGS WET

01. Pack up your things in a waterproof bag and hang this on your back or hold it above your head.
02. Roll up your trouser legs or take them off and put them in your pack. Wet trousers will add extra weight and could make crossing difficult.

DON'T TIE A ROPE AROUND ANYONE'S WAIST

01. If they slip and fall, the rope will drag the person under and could well take you with them.

KEEP YOUR FEET WIDE APART AND SHUFFLE THROUGH THE WATER

01. Don't pick your feet up while walking across the river. You need to keep both feet on the

river bottom, otherwise the current can easily knock you over.

02. Cross the river at an angle and facing the current.
03. Shuffle sideways steadily like a tennis player moving across the court.

IF YOU FALL IN

01. It is very important to get warm and dry as quickly as possible. Build a fire and change into dry clothes.
02. Staying in wet clothes will make you cold, and that can lead to hypothermia (see page 143).
03. Hypothermia happens when your body temperature drops too far below normal. It can cause you to go into shock and even die.

