

Expedition Training

Clothing, Equipment and Load Carrying

Clothing and Equipment to be worn.

1. Beret or Cap Comforter.
2. Smock, Combat (with shirt and pullover underneath).
3. Trousers (Combat Suit type).
4. Boots (with puttees or anklets).
5. Socks (thick wool).
6. Underclothes (loose fitting).
7. Haversack (rucksack) and Water Bottle.

Items to be Carried.

1. On the Person.
 - a. Map
 - b. Compass
 - c. Whistle on lanyard
 - d. Matches
 - e. Elastic adhesive dressings.

2. In the Haversack (rucksack).
 - a. Mess tin
 - b. Knife, fork and spoon
 - c. Reserve rations
 - d. Mug
 - e. Towel and washing kit
 - f. Groundsheet
 - g. Spare socks
 - h. Torch.

Additional Items.

Items which may be carried, or moved independently to camp sites are:

1. A kitbag or equivalent per cadet containing blankets or sleeping bag.
2. Spare clothing and footwear.
3. Bivouac type tents.
4. Food and water.
5. Cooking equipment.

Load Carrying

The principles below apply to all types of Rucksack or Haversack:

1. A load is best supported by the human frame when it is applied vertically down the length of the spine or upon the hips, rather than hanging out from the shoulders.
2. Packing a load should be done to a system
 - a. Heavy items (tent, groundsheet, food) and items needed first at the next site should be packed at the top and light kit at the bottom. The tent and its items are then ready to be erected quickly in rain.
 - b. Equipment needed en route should also be readily available.
 - c. Paraffin/Hexamine, if carried, should be kept away from food. A polythene bag makes a good inner lining.
 - d. The load must be evenly balanced.
 - e. The contents should be firmly arranged with no movement inside or items swinging loose outside.

