

What Outdoor Activities Equipment Do I need to Take?

Tents:

Tents come in all shapes and sizes, and some are far more suitable than others, here are some of the most common types.

- Ridge Tent
- Dome Tent
- Pop Up Tent
- Geodesic Tent
- Inflatable Tent
- House Tent
- Tunnel Tent



In our experience and on our expeditions we have found that Ridge, Dome and Geodesic Tents are the most suitable shelter equipment for outdoor adventures, because of their light weight and ability to be packed small for transport/carrying.

Something to sleep in

In the majority of cases it will be a Sleeping Bag, but again it could be a Survival Bag, a Blanket, a Quilt, a Bivvy Bag or just some warm comfortable clothes, depending on your chosen type of adventure.



Solid Sleeping Mats are generally like a Yoga Mat that can be rolled up and packed on to the outside of a backpack. They offer limited comfort benefits and some thermal insulation from the ground, however they are lightweight and inexpensive.



Clothes: whether you're hiking for two nights over the weekend or two months on an expedition, you'll need basically the same fundamental pieces of clothing for layering, with variations depending on the climate or environmental conditions you will find.



Hygiene

Stay clean and stay healthy! Normally Camping and Hiking are physically demanding, so you are going to be sweating and getting dirty. A basic Hygiene kit is a must.



Answer TRUE or FALSE questions:

1. Solid sleeping mats cannot be rolled up and packed on to the outside of a backpack..... **T / F**
2. Ridge, Dome and Geodesic Tents are the most suitable shelter equipment..... **T / F**
3. Tents come just in small shapes..... **T / F**
4. Camping and hiking are physical demanding outdoor activities..... **T / F**