

“Don’t forget the Duck tape!”

It’s all too easy to get caught up in the excitement of planning a big adventure, but there’s a whole world of accessories out there designed to make your trip easier and more comfortable. We’ve tried to put together a list of the smaller things you might have forgotten about...

First Aid

Nobody likes to think about it, but whether you’re just out for an afternoon walk or on a Himalayan expedition, the risk of injury is never too far away. Be prepared for any eventuality with our range of first aid kits – available from pocket size to group size.

Toiletries

Trekking through the wilds is no excuse to skip a wash or two! Our mates at Lifesystems® and Lifestventure® have developed a great range of everything you’ll need to make sure your fellow trippers keep talking to you – their trek towels come in various sizes and pack down much smaller than anything else you’ll have at home, while their multi-purpose soap can be used for everything from hands to hair, and dishes to clothes – so there’s no need to turn your undies inside out!

Don’t get caught short in the outdoors – remember your Shewee® or iPod!® Pocket Trowel!

Food & Drink

Keeping your energy and hydration levels up while you’re on the go is vital so make sure you carry enough fluids and snacks to get you through the day. We stock a huge range of water bottles and hydration systems, such as Camelbak, so you can stay hydrated on the move. Food-wise, we’ve got you covered from energy bars and gels to dried and pre-cooked meals so you won’t go hungry.

That said, you’ll definitely want to treat yourself to a hearty meal after a long day so don’t feel you have to skimp on proper foods – let’s face it, everyone wants a bit of luxury in their life and a good feed will help restore your energy and boost morale. With lightweight options available in everything from stoves to cookware and utensils, you should be able to balance weight and luxury quite nicely. Don’t forget some herbs & spices – they weigh nothing and you’ll be surprised how much they can improve even the most boring of meals!

Sun Protection

Keeping yourself protected from the sun is very important – when you’re enjoying the outdoors you don’t always notice the strength of the sun’s rays. We stock a variety of sun creams and lip balms with different SPFs specially formulated for use in the outdoors so make sure you’re well stocked up for your trip.

Navigation

Whether you’re old school or a technophile, we’ve got something to make sure you get safely from A to B. With a wide range of maps and compasses in store and online, the traditionalist in you will never get lost (provided you know how to use them!). For the GPS generation we’ve got the bestsellers from the biggest brands on offer – just be sure to back yourself up with a map and compass – you never know when the technology gremlins might strike or the batteries fail!

Water Purification

Picking up a bug is the last thing you want when you’re off travelling, so you need to have the right kit to have access to safe, clean drinking water. Where you are in the world will dictate the type of purifier you need – we recommend chlorine tablets for cleaning the water, but don’t forget

neutralising tablets to take away the taste! On top of that, we've got new technologies such as UV purifiers, as well as a range of water filters to remove any impurities from the water.

Stoves & Fuel

Whether you need the smallest and lightest stove around (ours start at just 69g!), or a full-on family kitchen, we've got a massive range to suit your every need. Fuel choices include butane/propane only, fuel only or multi-fuel stoves and your choice will depend on where you intend to use it as different fuels burn better in some conditions than others. Speak to any of our staff for more information on the best type of stove and fuel for your trip. Then all you need to do is make sure you carry enough fuel for your trip, sizes range from 100g to 2kg!

Lighting

You'll have to be able to see where you are going, so some kind of torch is essential. Head torches provide the most flexible source of light, as new LED technology can provide brighter light, at longer distances – all this while leaving your hands free for whatever else you're doing! When you get to camp, you may want a lantern to light up larger areas. We stock a wide range from relatively inexpensive battery operated models to various gas or liquid fuel lanterns. Again, depending on where you are and who you are with, you may find one lantern suits you better – for example, battery operated models are relatively cheap to buy, but eat through batteries fairly quickly meaning higher running costs and the added weight of carrying replacements. Gas or fuel lamps on the other hand, tend to be more expensive but are normally more economic to run. Despite what you may think, these lanterns are perfectly safe, provided they are well maintained and are used in a safe and level environment.

Gadgets

For the gear freaks among us, we stock a wide range of Suunto performance monitors so no matter where you are, you can view every last detail of your trip! Features vary depending on model, but common functions include an electronic compass, altimeter for monitoring elevation, heart rate monitors, barometer for weather checks and GPS navigation. You can even use them to tell the time! Many units also now allow you to download all the details to your PC when you get back – so there'll be no end to you showing off!

Follow this guide and you should be well kitted out! We also recommend carrying a pocket knife, waterproof matches and good insect repellent. Oh, and don't forget the duck tape – there's almost nothing it won't fix!