

Grab it, bag it - Answers



The camping group need to pack:

- **Toiletries.** If you're staying overnight you'll need your toothbrush and toothpaste, as well as things like soap and deodorant.
- **Sleeping bag.** Sleeping bags are lightweight, compact, and portable, and will keep you warm and insulated.
- **Pillow.** You'll need to carry your own pillow. They can be bulky, so why not try an inflatable pillow to save space but still help you get a comfortable night's sleep?
- **Roll mat.** A roll mat acts as a barrier between your sleeping bag and the ground. It provides padding and insulation, and helps keep you warm.
- **Pyjamas.** If you're staying overnight, remember to bring some pyjamas to sleep in.
- **Cup.** Cups made from plastic, enamelled metal, or steel are ideal for camping because they're light and less likely to break. Plastic cups won't conduct heat.
- **Cutlery.** You can just pack a knife, fork, and spoon from home – you don't need to buy a multi-purpose utensil from an outdoors stop.

The canoeing group need to pack:

- **Quick dry clothing.** This kind of clothing is useful for any activity where you're likely to get hot and sweaty, but they're especially handy for water sports. Look for fabrics that are described as 'moisture wicking' – this means they quickly move water to the outer surface to dry. Nylon, polyester, and merino wool are great at wicking moisture.
- **Waterproof jacket.** Like quick drying clothes, a waterproof jacket is useful for a lot of outdoor activities but is especially important for water sports like canoeing.
- **Waterproof trousers.** You can canoe without waterproof trousers, but they're useful to stop you getting too wet if it's raining – or if there's a lot of splashing.
- **Water shoes.** These special shoes are anti-slip and quick drying. They're designed to be used on land and in shallow water too. If you don't have water shoes, an old pair of trainers that can get wet are fine.
- **Dry bag.** These special waterproof bags go inside your backpack to stop items getting wet. They're reusable, so are a great way to cut back on single use plastic. If you don't have dry bags, you can reuse a plastic bag (without holes in), although plastic bags won't be as waterproof.
- **Buoyancy aid (life jacket).** A buoyancy aid is essential for water sports. It will keep you afloat if you end up in the water. Buoyancy aids are likely to be provided for you.
- **Throw line.** A throw line is a rescue device. It can help if anyone capsizes, and can help you retrieve any equipment that goes overboard. Throw lines are likely to be provided for you.

The hiking group need to pack:

- **Walking boots.** Walking boots protect your feet and your ankles. They have a good grip, and are water repellent. They're also breathable, to help prevent any excess sweat or moisture causing blisters.
- **Map.** A map helps you get where you want to go, and will be essential if you take a wrong turning or need to change your route.
- **Compass.** A compass helps you navigate by showing you which direction you're going and helping you to follow a map in the real world.
- **Watch.** It's important to keep an eye on the time when you're doing any outdoor activity. You may need to meet people somewhere, or reach a certain point by a certain time.
- **Whistle.** Whistles are a great way to signal for help, or help others find you.
- **Torch.** You'll need a torch if you're hiking at night, but it may also be useful in winter, when the days are shorter. A torch can also be helpful if you're hiking through thick undergrowth.
- **Packed lunch.** Some popular hiking routes may have places to buy food along the route, but it's always best to be prepared and bring your own food with you. Carry plenty of water, some snacks (such as nuts or dried fruit), and a more sustainable lunch, to give you the energy you need. Think about food that will travel well in a backpack, without being too heavy.

Trick items

- **Umbrella.** An umbrella may seem useful, especially if you know it's going to rain, but they often just cause problems. They're bulky, harder to store, and not useful if it's windy. Free up your hands by packing waterproofs instead.
- **Scooter.** Unless you've been told to bring items like bikes, scooters, or roller blades, you should leave these at home. They're heavy, so will weigh you down, and could even be dangerous if used on rocky terrain.
- **Hairdryer.** For shorter trips, you probably won't need to wash your hair. If you're on a longer trip, a hairdryer is bulky and heavy – and you'll need to find a plug. It's best to use a towel, or just let your hair air dry.
- **Harp.** It can be lots of fun to sing and play music, but carrying instruments will take up space and weigh you down – and they may even get broken. Sometimes it's possible to take smaller instruments like mouth organs, shakers, and ukuleles, but you should always ask the person in charge of the camp, hike, or activity first.