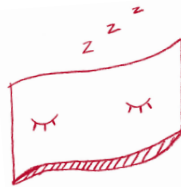


EXPEDITION HACKS



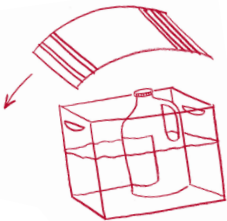
Wash your sleeping bag with tennis balls - it refluffs it.



To make a pillow, take an empty pillowcase and fill it with clothes.



To save washing up after cooking, why not eat your meal straight out of the pot?



You can still keep milk cold without a fridge. Put the bottle into a plastic box of cold water, in the shade, and put a wet tea towel over the top!

Put things in colour coded plastic bags, to help you find them quickly.



Put a dry teabag in your hiking boots at the end of a hike, it gets rid of bad odours.

Did you know, you can pack a whole outfit into your socks? Search online to find instructions for this hack.



Duct tape can be a really useful thing to take, especially if you're camping.



Take some emergency snacks – it's always good to have something for when you are totally wet, cold and lost, if only to cheer the whole team up!



Stuff your boots with newspaper at the end of the day to help them dry, and if you're camping, put your boots upside down on sticks to stop the dew getting in them overnight.



PACK LIGHT

- Take only a tiny piece of soap, or just some wet-wipes.
- Take just one tiny squeeze of toothpaste, or share one tube of toothpaste between your team. You could cut your toothbrush in half to save even more space!
- If you need to take your own washing-up things, take a sponge with washing up liquid already on it, wrapped in a small plastic bag.
- Taking your own food? Try to get the balance right – take enough but not too much. Dry foods can be taken out of boxes and put into plastic bags.
- Save small containers for small amounts of things like cooking oil, salt and sugar, or liquid soap/shower gel.
- Eggs can be broken into a plastic bottle and taken as an 'instant omelette'.

