

# Preparing for Adventure



# Preparing to Explore



Wild and open spaces are exciting areas to explore and in order to enter these places you must prepare yourself both in terms of equipment, to protect you from the elements, and the necessary skills, to enable you to survive.

The equipment that is needed to enter the wilderness is determined by the prevailing weather conditions, the nature of the

terrain which you choose to enter and the length of time you wish to stay there. In open countryside weather conditions play a major role in determining our reaction to hot and cold and the type and quality of the clothing you wear will ensure your comfort or add to your misery.

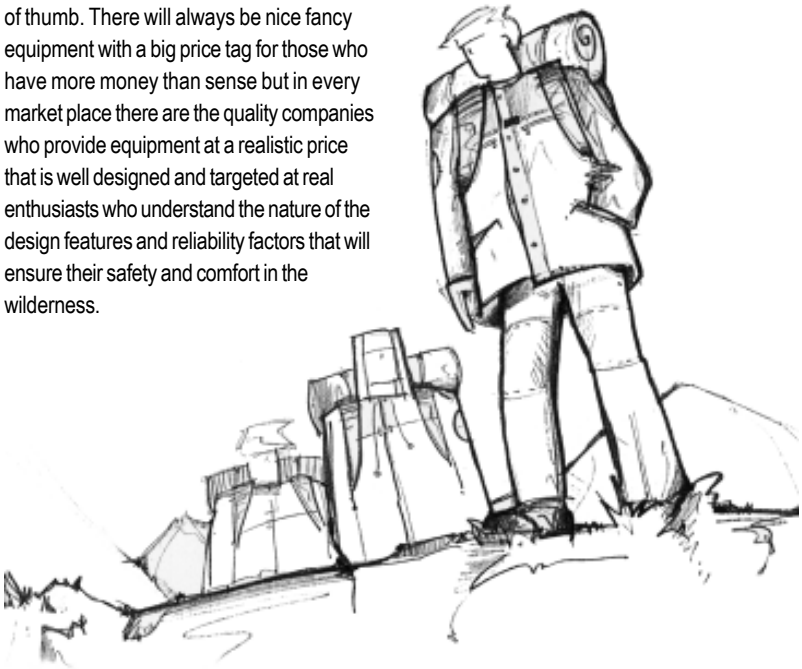
The body must be kept at a temperature of around 36.9 centigrade an increase or decrease from this norm and the body is placed in danger. Our clothing therefore must be capable of maintaining this norm. When we get hot we tend to remove clothing and as it gets cool we tend to put on more cloths.

This method of controlling the temperature of our bodies is okay under normal conditions however when in the open other factor can come into play to upset this practice. Wind, rain, and in cold weather, snow attack the bodies ability to maintain its normal temperature. Wind has the ability to rob heat from your body as in can penetrate through the layers of your clothing. Likewise rain can soak your clothing and prevent it from keeping you warm. If you add cold with wind and rain then the cooling process can be rapid and can lead to the onset of hypothermia ( see Emergencies Chapter) very quickly.

Modern outdoor clothing manufacturers design equipment to a standard that will enable you to fight the elements of weather in comfort. The problem for anyone entering an outdoor shop is the vast array of equipment available - waterproof jackets, breathable fabrics, leather boots, fabric boots, two season or 4 season sleeping bags, day

Wind Chill Factor								
Air Temperature (centigrade)								
Wind speed	20	15	10	5	0	-2	-4	-8
10KM	18	13	7	2	-3	-5	-7	-11
20KM	16	10	3	-2	-9	-11	-14	-19
40KM	13	6	-1	-8	-15	-18	-21	-27
60KM	12	5	-2	-10	-18	-21	-24	-30
80KM	12	4	-3	-11	-19	-22	-25	-31
100KM	12	4	-3	-11	-19	-22	-25	-31

sacks and expedition sacks. In the pages that follow we will provide you with detailed information about the type of equipment you need. What are the key features you should be looking for when you go shopping. Reliability, quality and essential features rather than price should be your guiding rule of thumb. There will always be nice fancy equipment with a big price tag for those who have more money than sense but in every market place there are the quality companies who provide equipment at a realistic price that is well designed and targeted at real enthusiasts who understand the nature of the design features and reliability factors that will ensure their safety and comfort in the wilderness.



# Layers

To keep warm you can either have one big heavy overcoat or a number of different items of clothing each adding another layer to the heat retaining properties of your body. The overcoat idea is obviously impractical so those who venture into the open use the layering principle as a method of maintaining and controlling body temperature. There are 5 different layers to consider which can be combined depending on weather conditions. Each layer has a unique role to play in the combination. The object of each layer is to provide protection from the elements, trap a layer of air that can provide insulation and allow excess body heat and perspiration to escape.



The first layer which is next to your skin should consist of a thermal vest with long sleeves in winter or a plain cotton T-shirt in summer. This layer should be close fitting but not too tight. The idea of this layer is to absorb perspiration and allow it to pass to the outer layer



The second layer could be a wool shirt or a polo neck shirt or pullover. The main features being that it is loose fitting and provides protection

for both the neck and the wrists. Sleeves should be capable of being rolled up so that in warm weather the body temperature can be controlled with ease. In warm weather this layer could be replaced by the outside layer.



The third layer needs to be 'woolly' such as a woollen pullover or a fleece jacket. The main features are heat control so a zip front is ideal for this purpose. The idea of this layer is to trap large pockets of warm air and insulate your body from the cold.



The outer layer should be a jacket that will protect you from the wind and rain. Ideally made of breathable fabric.



The extremities of the body the head, hands and feet also need protection. A large portion of your body heat is lost through the head.

# What to wear



# Winter

Various clothing options following layer principle.

T- shirt and long johns or tracksuit bottom.

Shirts/sweatshirts

Fleece or pullover

Waterproof jacket and over trousers

Balaclava and scarf

Mittens/gloves and overgloves

Boots and gaiters

# Summer

Shorts

Shirts

T - Shirts

Hat - baseball or floppy

Sunglasses

Wind proof jacket

Light waterproof jacket

Light fleece or sweatshirt

Light track suit bottoms

Boots



# Qualities of different fabrics used in clothing

Cotton	This is excellent for 'wicking away' moisture from the body.	Used in the making of T-shirts and thermal vests
Wool	This is a natural material and excellent for trapping air pockets. Can be bulky and heavy	Used in shirts and pullovers, gloves, hats and socks
Fleece	A manmade fabric that has the same qualities as wool. Like wool it is not windproof. Works well even when wet	Used in a variety of produces usually in fleece tops and jackets but also in gloves and hats
Nylon	A manmade fabric that has excellent windproof and waterproof qualities. Its biggest disadvantage is that it does not allow moisture out so the inside of the fabric becomes sweaty with condensation	Used in jackets and raincoats usually in the cheaper end of the market.
Breathable Fabric	Unlike Nylon this manmade fabric allows moisture out and is also waterproof.	Used in jackets in the middle to top range of the market

# Protection from the elements

The outer shell that consists of jacket, overtrousers boots and gaiters is your main protection from the elements. When kitting yourself out in this equipment spend your money wisely. A jacket will be expensive and it will have an everyday use as well as protecting you on your ventures into the wilds. Nylon is waterproof and will keep you



dry however if you can afford it opt for breathable fabric for comfort. Be warned however that it will need to be kept clean as any dirt on the fabric will prevent it 'breathing'. The jacket will only protect the upper body and it will need to be supplemented with a pair of overtrousers. Again the same advice applies - nylon is cheap and functional but if your budget allows opt for breathable fabric.





Waterproof



Warm



Windproof



Light to carry

When you are travelling in open countryside you will constantly be changing your clothing layers as the weather changes and as you ascent or descent mountains. Choose the clothing you pack with care. You will want the best protection from the elements and often it is best to have a number of different layers of clothing rather than one heavy jacket. A good fleece jacket is ideal for warmth but useless in the rain. So perhaps a lighter rain jacket can also be used in such circumstances or perhaps an ex army poncho, which can also double as a ground sheet or shelter.



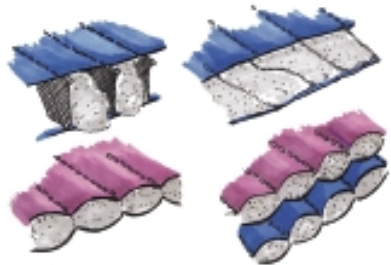
Most of your body heat is lost through the head so don't forget the woolly head. On day hikes don't discard spare clothing just because the rucksack is smaller.



# Sleeping bags

Sleep is essential to revive the body after a hard day in the open and perhaps one of the most important items of equipment you require is a sleeping bag. Warmth is the key word to remember and with regard to sleeping bags you must spend some money to achieve it. Forget the cheap sleeping bags that have a zip all around. They are ideal for hostelling or for use in warm climates but for Irish conditions buy the best bag you can afford.

Mummy shapes hug the body but if you find that too restrictive then you can buy the traditional square shape. A zip is required for ease of entry into the bag and for controlling the heat inside your bag. Opt for a double zip that can be opened from the bottom as well as the top to aid air flow. Look out for a protective flap covering the zip on the inside to prevent heat loss through the zip and prevent cold spots.



The most expensive sleeping bags will be filled with down or a special ultralight filling that can be compressed to a small size. Most bags are filled with hollow fibre which is a manmade fibre imitating the qualities of down. In general opt for a 2 - 3 season bag and read the product literature before you buy for full specification of the design in particular temperature range. Choose an adult size so that you can get maximum life from your bag.

Sleeping bags are constructed using a number of methods. The more expensive tend to use the double layer construction

# Sleeping Mats

The purpose of a close celled foam sleeping mat is to provide insulation from the ground and protect the life of lightweight groundsheets, rather than to cushion the effects of hard ground. A comfortable nights sleep is determined by the warmth and comfort of your sleeping bag. Cold rising the ground through the groundsheet of your tent will wick away the warmth of your sleeping bag leading to a restless nights sleep. The sleeping mat prevents this transfer of heat by acting as an insulation layer between you

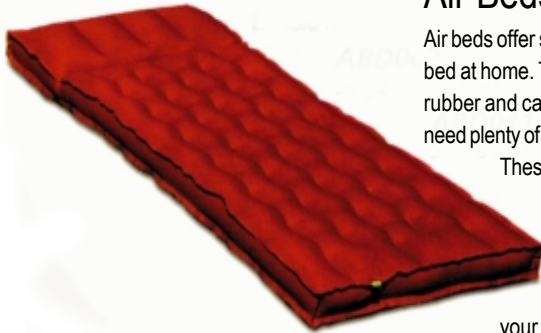


and the ground. Sleeping mats have different levels of quality and effectiveness. The cheaper mats have a loose cell structure and will compress easily so that the insulating layer can be quite thin and offer little protection. The denser cell format of the slightly more expensive mats are to be preferred and offer better protection both to the sleeper and the life of your groundsheet.

## Air Beds

Air beds offer some of the comfort of your bed at home. They are however made of rubber and can be heavy to carry. You also need plenty of puff or a footpump.

These are excellent for family camping when your equipment is been transported in a car but when you have to carry your pack on your back a sleeping mat is a better option



## Camp bed

Camp beds have the same advantages and disadvantages as air beds, weight being one of its major disadvantages. Camp beds also offer little insulating qualities as the space under the bed allows an air flow to wick away warmth. There structure also makes them unsuitable for use in lightweight tents as the legs will 'dig into' the groundsheet. Use only in large tents with heavy groundsheets or wooden flooring



# Footwear

When travelling across open countryside and rough terrain by foot footwear and in particular comfortable footwear is a must. Trainers, no matter how fancy they look are of no use in rough terrain particularly if you add in the elements of wet, cold and mud. A solid pair of leather hiking boots are a must.

High collar provides protection of ankles from injury. Cushion collar adds to comfort and prevents chafing of ankles.



The design of hiking boots have changed little over the years. A good sole normally bearing the 'Vibram' logo is a good indicator of a sole that will protect your foot from sharp stones, provide grip on slippery rocks, and distribute your weight evenly. The more expensively priced ranges of boots will have the sole stitched as well as glued to the upper boot. The sole should be relatively stiff when you buy the boot. This will become pliable with use. A sole that is too soft, indicates a boot that is designed for casual street wear rather than open

countryside.

The high collar of the boot provides support around the ankle and provides a collar to prevent loose stones and grit from getting into the boot.

The tongue of the boot should be one piece and sewed all around so as to provide protection from water.

Lacing is normally done by 'D rings' at the lower end of the lacing and by way of hooks at the top. This allows the boot to be undone with ease and also allows the boot to be tightened easily.



Normally, it is advisable to wear two or three pairs of socks with your boots for comfort. A thin pair that you would wear with normal shoes and two pairs of thick wool socks. If you are not used to wearing wool socks they can be rough on your feet so the need to wear a thin pair of socks. If your feet are prone to sweating then you may have to rethink this method. A long and short pair of wool socks are preferred. A long pair of socks can be used over trousers to protect them from briars and brambles. The short pair being folded down over the top of your boots to prevent grit and dirt getting into your boot.

It is advisable to wear gaiters over your boot and socks to provide protection from the terrain and give extended life to your socks and boots.

## Tips when buying

- Buy your boots in a specialist camping and hiking shop so that you get expert advice.
- Bring two pairs of heavy socks (the socks you intend wearing with your boots normally) and put them on before fitting.
- Normally you will be looking for a boot one size bigger than your normal shoe size.
- With your choice of boot on - push your foot to the top of the boot - you should be able to put your finger down the back of the boot. You will need this space for your foot to move and prevent blisters.
- Walk up and down the shop. The boot will be stiff and will soften up when it goes through a process of 'breaking in'.
- However, there should be no feeling of tightness across the broad part of the boot, and the toes should be able to wiggle your toes.
- Choose a boot that will survive the rigours of the terrain you are likely to travel in. Suede and canvas boots are normally designed for trail walking whereas standard leather boots are more likely to survive the battering they will get in bogs, water, and rough mountain terrain.

# Rucsacks

When you embark on an adventure into wild countryside everything you need has to be carried on your back. Rucsacs come in all makes and sizes and it is important that you have a rucsack that will be able to fulfil your needs. For short day hikes you will only require a small day sack, it maybe possible to use the same daysack for carrying your books to school so saving on expense. For backpacking and camping however you will need a bigger size. Rucsacs are sold in various sizes and are measured in litres - 55lts, 65 lts, 85lts. A suitable size for Scouts is a sack of from 55 - 65 lts. The 85lts sack is designed for expeditions and is generally to large in lenth of frame to suit a young persons body frame. (see illustration)

Designs vary as do prices and it is wise to consult catologues and specialist

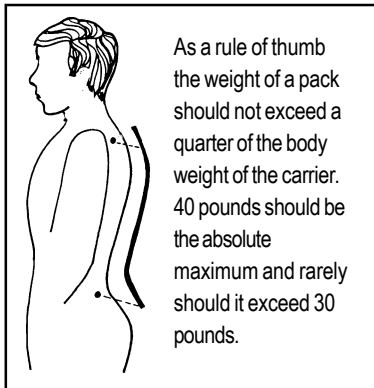
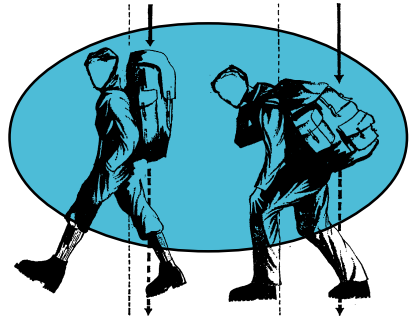
camping shops before you buy for expert advice. In general it is best to stick to well known brand names as the quality of the workmanship tends to be better. Cheaper rucsacs are normally made in eastern countries with an eye on making a quick buck rather than fulfilling the needs of the adventurer or explorer.

## Load carrying

The rucsack is designed to carry all your essential items along the trail or to camp. This means you have to carry them on your back. Keeping the load as light as possible is therefore a major consideration. For that reason an equipment list is a useful aid when packing to ensure that the essential items are packed and those non essential items like the 'kitchen sink' and heavy extras that you may pack - just in case, are left at home. A heavy load is best carried vertically above the centre of gravity of the body. Modern rucsacks are designed with this principle in mind. An internal or external frame helps to align the rucsack to your line of gravity and with careful packing to ensure even weight distribution the pack can be comfortable and easy to carry.



With time and experience you will learn those things that need to be packed and those things that are best left behind. For example:- a half tub of toothpaste instead of a full one. A selection of light interchangeable clothing instead of a number of heavy



As a rule of thumb the weight of a pack should not exceed a quarter of the body weight of the carrier. 40 pounds should be the absolute maximum and rarely should it exceed 30 pounds.

sweaters. One deep plate rather than a plate and a bowl. Sharing of equipment between other members of your Patrol rather than each carrying the same equipment.

## Tips when buying

### Measure your torso

To get a proper fit, you must know your torso size. To find out, drape a soft tape measure from the base of the neck along the contour of your spine to the low point between your hipbones.

### Check those hips

When trying on packs, make sure you get the hipbelt positioned properly, that is, directly on the crest of the hips, not around the waist. The majority of the load will be carried by the hipbelt, so make sure it's comfortable and fits snugly, without slipping.

### Treat yourself

Buy the best pack you can afford, as long as it fits. Durability and quality rank right behind 'fit' as important considerations. Well

known brands will increase the price and often a lesser known brand will be as good as the well known brands. Compare the packs often there is little or no difference in design.

### Know your load

Determine what and how much you'll be carrying. Are you planning to spend, at most 1-2 nights out at a time with an annual standing camp once a year? Will you be hiking in the winter? For short outings in the summer a smaller pack is better.

### Pockets and attachments

Various sized pockets are useful for all those small items that you need to put your hands on without pulling your pack apart. Check also for attachment rings and plastic buckles that allow you to attach stuff sacks, ice axes, sleeping mats, tent poles etc.

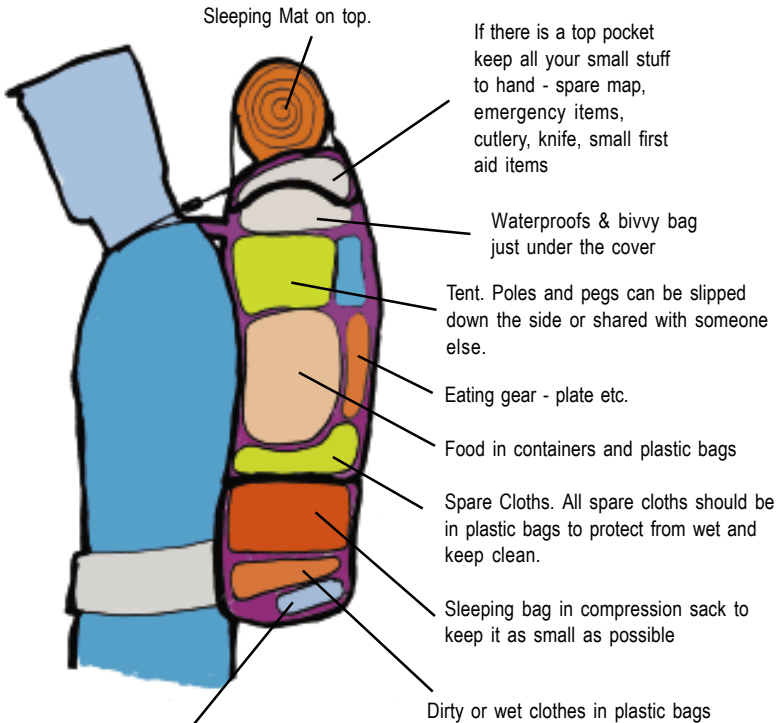
# Packing your Rucksack

Start packing by placing all the items to be packed on your bed and check off the list. When all items are present then pack. Work on the principle of LAST IN FIRST OUT and IF IT DOESN'T FIT IN THE SACK IT'S NOT GOING don't carry anything that you don't need and don't have items dangling from the pack. Make sure however that you have all the

essential items. Use your own judgement as to whether you really need that campfire blanket on an overnight bivvy. Another consideration when carrying your pack is to distribute the weight in the bag so that the heavier items tend to be near your back in the middle to bottom of the pack. This will help to stabilise you pack particularly when travelling over rough terrain.

## General Guide to Packing a rucksack

PREPARING TO EXPLORE



Stoves and fuel bottle - keep to bottom of pack in case of a leak. If you have a small stove it may go in a side pocket

# Personal Equipment list

This list will differ depending on the time of the year you are venturing out. The list includes all items and you can delete as necessary. If you are travelling in a group or with a partner then some of the equipment can be shared such as tent items, cooking gear and foodstuffs. If you are going away for a long period of time such as an annual camp then you will have to include extra clothing and include such things as washing powder so that cloths can be cleaned during camp. A good rule of thumb – is to WEAR ONE, HAVE A CLEAN ONE, and ONE IN THE WASH

## Main items

Rucksack  
Sleeping bag  
Sleeping mat  
Sleeping sheet / Bivvy bag  
Tent/poles and pegs  
Stove and fuel  
Rain gear – jacket and over trousers  
Boots and gaiters  
Torch & batteries and spare bulb  
First aid kit - personal  
Eating utensils  
Cooking utensils  
Matches/disposable lighter  
Knife  
Whistle  
Map & compass  
Light walking rope

## Clothing

### Bottom layer

Underwear  
T-shirts (day and sleeping use)  
Long johns – winter use  
Socks –2 light pairs and two heavy pairs

### Middle layer

Long sleeve and short sleeve shirt or light fleece.

Light weight fleece or pullover  
Trousers – tracksuit bottoms – not jeans

### Outer layer

Lightweight wind proof jacket  
Rain gear – Jacket, over trousers, ex-army poncho  
Hat  
Gloves  
Sandals – optional  
summer wear in camp – crossing steams  
Swimming gear

### Eating

Plate, bowl, cup  
Knife, fork, spoon  
Cooking pots if required  
Water bottle  
Tea towel  
Salt and pepper in film container

Tea bags/cup a soup  
Can opener

### Food –

as required by menu  
Emergency rations and trail food

### Hygiene

Wash gear – toothbrush, soap, etc.  
Small mirror  
Towel  
Tissues & Toilet paper – half a roll in plastic bag  
Small plastic trowel – toilet use  
Water purification tablets  
Soap powder – if required  
Brillo pad or pot scrub  
Washing up liquid in small film container  
Plastic bags –

rubbish, dirty clothes etc.

### Essential bits and pieces

Personal survival kit  
Duct tape – repairs  
Piece of sisal  
Pencil and paper  
Needle, thread and pins  
A folding saw – cutting small timber / walking stick  
Waterproof matches or spare matches in film container with striker paper  
Something to read  
Dubbin for boots  
Spare laces for boots  
Insect repellent  
Sun cream/screen  
Small (tiny) personal radio – weather forecasts  
Mobile phone – emergency use  
Cloths pegs  
Stove repair kit  
Candle



# Tents

Tents are broken down into a number of types

- Lightweight one person tents**
- 2/3 person Dome tents**
- Heavy canvas standing camp tents**

In general a Patrol will camp in dome tents on weekend adventures and heavy canvas tents when on a longer standing camp. It is not necessary to buy a personal tent as most of the time your Patrol will have tentage from the Troop. As you get more experienced you may want to explore lightweight camping and backpacking and it is then that you might consider buying your own tent. Tents come in all sorts of shapes and sizes. Weight, ease of erecting the tent and wind stability are major design considerations. For expeditions and adventures in wild countryside its performance in heavy weather is also a factor. Studying product catalogues will



allow you to discover the value of each tent. In general it is better to share your tentage with others. The elements of the tent can then be split up, flysheet, tent, poles and pegs so each has an equal weight to carry.



# Knives

Scouts are discouraged from owning a sheath knife and in practical terms a penknife is a very better tool for Scouts. A Swiss army knife is considered to be the best option, it is a multi purpose tool that can be used in many situations. There are many imitations but spend your money carefully and buy an original made by Victorinox. The 'Camper' is perhaps the best design for Scouts as it offers the best range of practical tools.

Two knife blades; Can opener; Screw driver  
Saw; Punch; Corkscrew  
Toothpick and tweezers in handle



A penknife is a tool and not a toy. It should only be used for the job it was intended for. The knife should always be carried in your pocket and not on your belt.

In order to be allowed to have a penknife a Scout must pass the required part of the Scout Progressive Scheme which explains the rules for using a knife and the care that must be taken. As a Scout you need to be responsible and displaying these attributes will enable you to carry a knife in your kit.



A knife needs to be kept sharp ( See Scout Stuff Chapter) a blunt knife will be dangerous to use as the extra pressure required to cut can cause the knife to slip. Sharpen your knife after each adventure and occasionally oil the parts.

Using your knife to whittle a Scout stave or piece of camping equipment is an excellent way to pass the evening on camp around the campfire (See Scout Stuff Chapter)

# Personal Survival Kit

A small tin is required in which to pack your survival kit. The tin is also useful. This type of tin can be used to signal using the lid as a mirror. The tin will also hold a cup of water and can be used as a pan or pot on a fire



The tin when open. Use insulation tape to hold the box closed. It is also useful as a survival item



## Firelighting

Being able to light a fire is one of the main survival skills you need to know. In this kit we have matches which can be waterproofed by covering them in wax or nail varnish. A zippo type lighter and a small candle

## Survival kit contents

Box to hold items	Plastic bag
Compass	Water purification tablets
Whistle	Childrens 'Disprol'(no more than two tablets)
Knife	Steri-wipes
Matches	Wound closures
Candle	Scapel blades
lighter	Neddle and thread
Mirror	Selection of plasters
Wire saw	Dental floss
Pencil	Fishing line
paper	Fishing hooks
Elastic bands	Fishing swivels
Glucose tablets	Fishing weight
String sewing thread	Safety pins



Needle and thread. Needle should be magnetised so it can be used as a back up compass

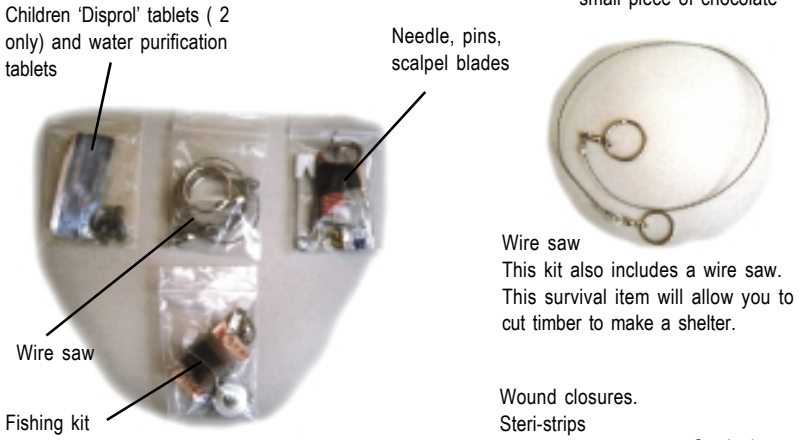
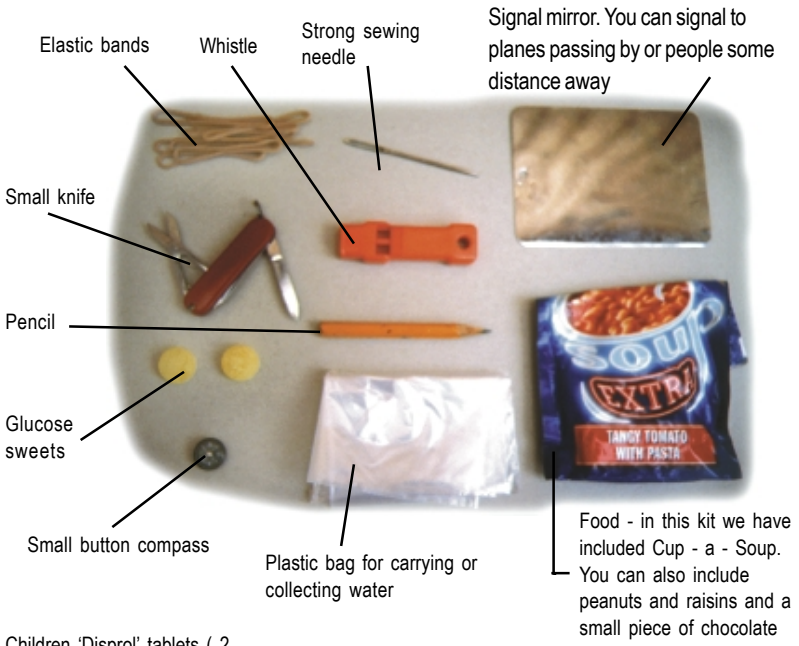
Scapel blades

Dental floss is very strong and can be use as fishing line or to tie your shelter together

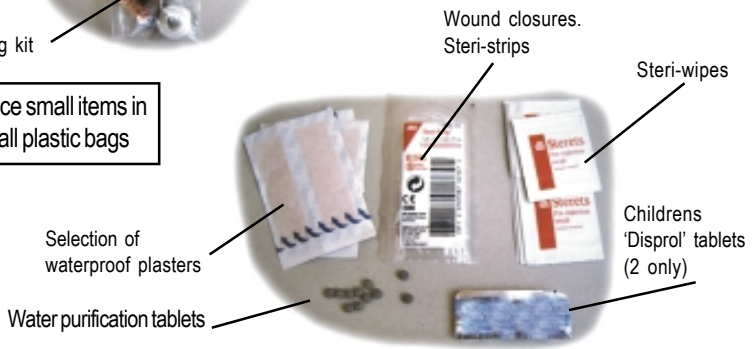
## Fishing gear

Fishing line at least 30 metres





Place small items in small plastic bags



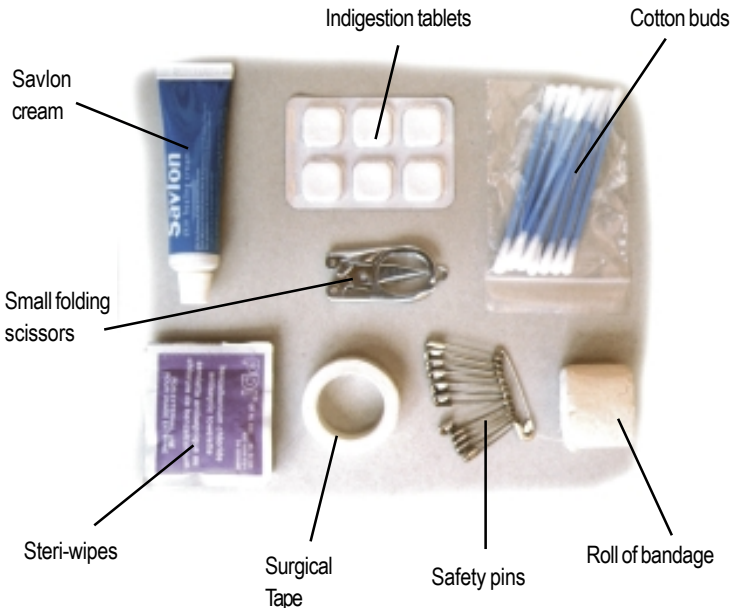
# Personal First Aid kit



Every Scout should have their own personal first aid kit. This kit is packed into an old pencil case. The kit does not need to be very big so that it can be packed in your rucksack everytime you go out. As well as the standard items in this kit you should also make sure you have any personal medication you require such as inhalers etc.

## Personal First Aid Kit

- Plasters
- Wound Closures
- Plastic bag
- Cling Film
- Mole skin
- Savlon Cream
- Indigestion tablets
- Small scissors
- Roll of bandage
- Surgical tape
- Tweezers
- Children's 'Disprol' tablets ( 2 only)
- Steri-wipes
- Safety pins
- String relief pads
- Diarrhoea tablets (2 only)
- Water purification tablets



Plastic bags - for use with burns

Wound closures. Steri - strip

Cling film - for use with burns

Selection of plasters



Plastic bag for use on foot blisters and friction points

Mole skin and padding for foot blisters

Water purification tablets in protective plastic bag

Sting and insect bite relief pads

Panadol tablets (2 only)



Diarrhoea tablets (2 only)

Tweezers

### Personal Mending and repair kit

On camps and hikes things will break and need temporary repair until you return home. This kit contains a selection of items to enable you to undertake these repairs.

Carpet or duck tape for repairing tents and groundsheets

Spare air bed plugs

Spare laces

Heavy duty elastic band

Jubilee Clip - mending tent poles



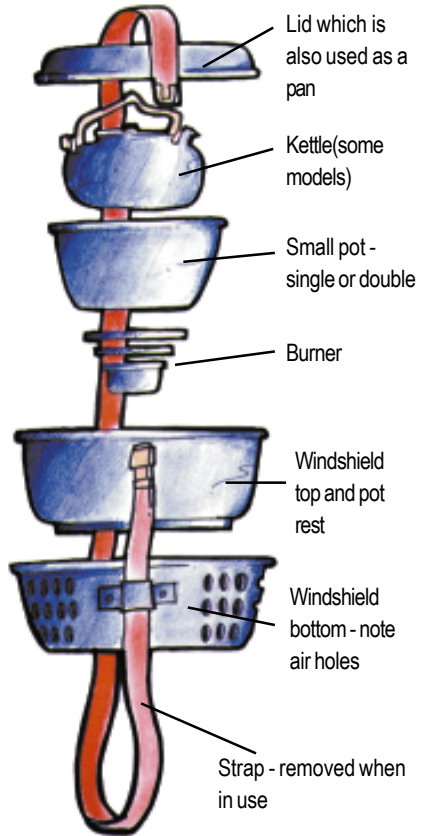
Insulation tape

Waxed Thread

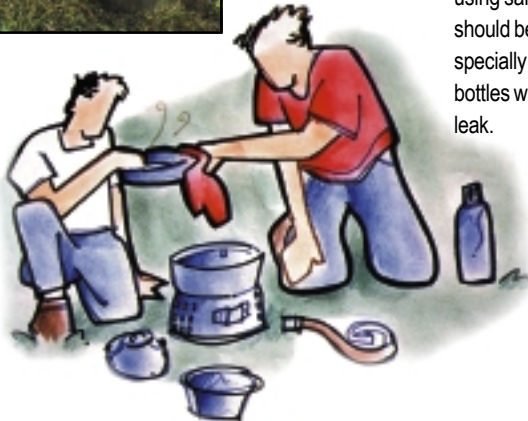
Glue

# Cooking Equipment

When travelling light across wild countryside cooking is done on a stove rather than a fire. It will be necessary to have a stove of some kind and a set of cooking pots and utensils. The Trangia stove is a Swedish made spirit stove which has been tried and tested by many Scouts worldwide and is generally the preferred option. The stove comes complete with pots and pan and the whole lot packs together into one unit. The stove is fuelled by Methylated spirit which is easy to light and clean to use. The stove has a unique design that provides a stable cooking base and will work in all weather conditions in fact it works best in windy conditions.



All fuels are dangerous so take care when using same. Fuel should be carried in specially designed fuel bottles which do not leak.



There are many other stoves available on the market and each have their own qualities. The small camping gas stove is common however in wild countryside it can under perform in windy conditions. The design of the basic model - burner on top of the canister - can be unstable and requires a level place to set up your stove. The more expensive models use a separate burner and fuel supply concept and these are worthy of consideration.

Also available are petrol and pressure stoves. These stove work very efficiently and burn with very hot flames resulting in

faster cooking times. They tend to be expensive and a little more dangerous to use.

The small commando type stoves are cheap and are an excellent back up to any stove system. They fold down to the small size and can slip into a rucksack pocket. They are slow burners and it takes some time to boil water. They are best used to keep food hot or to reheat food.

Self contained solid fuel stove with basic pot and pan



Commando type solid fuel stove



Knife, fork and spoon kit - each items locks together for ease of carrying

Gas canister stove



There are many types of personal cooking kits available. Generally you will not need personal cooking pots etc. if you are working in a Patrol. If you decide to backpack with a partner then they are a consideration. The Trangia stove has built in cooking pots and utensils.



Ex- army commando style cooking pan/pot are a great piece of kit. They are robust and in expensive to buy and can be used as a bowl or plate.



# Useful extras

Below we have illustrated a number of useful extras which you can include in your kit. For some adventures you will require most if not all of this extra equipment. If you are travelling as a Patrol or with another person then equipment can be shared.



**Bungee cords**  
 They are numerous uses for the bungee cord on camp. They are particularly useful for securing bivvy sheets and attaching items to your rucksack.



**Balaclava** - a warm useful hat tried and tested on many expeditions.

**A Compass and Whistle**



A compass and whistle are really essential items rather than extra equipment. However your Patrol may have a compass so you do not need one immediately.



**Folding handsaw**  
 These useful tool is cheap to buy and will cut up most small timber. The saw will slip into a side pocket of your rucksack



**Headtorch** - more practical than the traditional torch



**30 metres of walking rope and a karabiner** - many uses and as safety equipment



**30 metres of rock climbing tape.** As strong as rope but easier to carry.