



Personal kit list for the expedition to Romania

General

The purchase of equipment for your expedition can be tricky and you should take extra care when putting together your personal expedition kit. Where possible keep the cost sensible and try to borrow any items that you can from your friends, the Duke of Edinburgh's Award department or Combined Cadet Force (CCF) if you have them at your school/college. Do not spend money on kit unless you really need to.

Also please be cautious when seeking advice, especially from people that may not have been to Romania. Advice gleaned from other parties may be inaccurate for the season and the type of expedition that you are going to undertake. The list below is your official expedition equipment list and should be strictly adhered to. If you are in any doubt then please contact either World Challenge or Cotswold Outdoor. Below is some general advice on equipment requirements and their necessity on your expedition to Romania.

What to expect from the climate in Romania and top tips for kit:

Romania has a temperate climate with four distinct seasons. Summers can be hot from July to August. Summer temperatures are usually pleasantly warm but there can be occasional rainstorms, particularly in July. Temperatures can drop significantly at night in the hills so you will need to be well prepared for cold nights and a warm sleeping bag is therefore recommended (please refer to the sleeping bag section below for more detail).

Rucksacks

These can vary enormously in price and specifications. When choosing a rucksack remember that, when loaded, an uncomfortable rucksack can give you a very hard time and it can be very bad for your back so try on several models in the shop.

When packing, remember that you will need to keep about 10 litres of space in your rucksack free to accommodate the group equipment which is provided by World Challenge. This includes medical kits, safety ropes, cookers, fuel bottles or tents.

Remember most rucksacks are not waterproof so it is essential you always line your rucksack with a **waterproof rucksack liner**, but avoid kitchen disposal bin bags as these are too flimsy and they won't last the duration of your expedition. A variety of more resistant bags, ranging from sturdy rubble sack style liners to sophisticated waterproof bags, are available from most outdoor and many DIY shops.

Rucksacks in Romania

14 day trek & project itinerary

Your trek in Romania is unsupported; therefore you will need a rucksack for your expedition. You will be camping during your trek and will need to carry everything you will need for the treks duration. Daysacks are required simply to carry your essentials whilst travelling from one phase to another and should be easily stored away in your main rucksack whilst not in use.

10 day project itinerary

As you are not trekking a large rucksack is not necessary. A 50 – 60 litre holdall style bag would be adequate, with a day pack for carrying everyday project items.

Sleeping bags

Sleeping well is an extremely important part of your expedition. There are two types of filling used in sleeping bags: down (i.e. feathers) and synthetic. Down bags are usually warmer and easier to handle for their weight and pack size but offer little insulation if wet. Synthetic bags remain warm when wet but will be heavier and bulkier than down bags. All sleeping bags are rated by season and as a general rule:

- 2 season bag - suitable down to a temperature of + 5 °C
- 3 season bag - suitable down to a temperature of - 5 °C
- 4 season bag - suitable down to a temperature of -10 °C

All ratings are only a guideline, if you know that you feel the cold when sleeping it may be advisable to use a warmer bag than recommended.

Recommendation for Romania

In Romania a 3-4 season sleeping bag (comfortable to -5°C / -10°C) would be best as temperatures can drop significantly at night. Synthetic sleeping bags are preferable for this expedition as it can be quite wet.

Sleeping bag liners

Designed to help keep your sleeping bag clean and add a couple of extra degree's warmth, silk or cotton liners pack down small and can be washed easily. A single duvet cover, although slightly bulkier, can make a good less expensive alternative. Fleece liners are bulkier but upgrade a sleeping bag by one season. Sleeping bag liners are very useful if you expect to experience different weather and climatic conditions on expedition as they provide some versatility. They are also useful when staying at budget hotels/hostels where you may prefer to use your own linen.

Recommendation for Romania

Due to the variable climatic conditions a sleeping bag liner is advisable for your expedition to Romania, particularly if you feel the cold at night.

Sleeping mats

When you sleep directly on the ground in your sleeping bag, you lose body heat. Sleeping mats are designed to insulate you from the ground and can make a difference of around 2 - 4°C to the warmth of your sleeping bag. There are basically two types of sleeping mats: foam and inflatable mats. *Foam mats* are cheap and reliable, however it is important to have a good quality foam mat - the cheapest mats may not last the duration of the expedition and will provide very little protection. *Inflatable mats* are more comfortable and offer more insulation but are more expensive and could puncture, though repair kits are available. It is not necessary to purchase this for your expedition as long as you have a good quality foam mat, unless you feel you require the additional warmth.

Recommendation for Romania

As you will be spending the majority of your expedition in tents, a good quality sleeping mat is advisable, particularly if you feel the cold whilst sleeping at night.

Walking boots

There are two types of boots:

- **Leather Boots** - As a general rule of thumb these give slightly better support to your ankle and will last longer but do take longer to break in.
- **Fabric boots** - Are extremely popular and perform well in warm-weather destinations. They offer greater comfort and breathability and are perfectly suitable for your expedition.

Whichever type of boot you chose they **must** have:

- A rigid sole
- Good tread
- Good ankle-support.

It is advisable to purchase your boots well before your expedition and wear them for a few small treks to make sure they are comfortable and are fully broken in.

Recommendation for Romania

14 day trek & project itinerary

Either type of boot is suitable and it is personal choice, just ensure they have good ankle support, good tread and if you are going for fabric boots that they are waterproofed with Gortex or equivalent.

10 day project itinerary

Projective footwear is required to protect your feet during the project. Boots or approach shoes (not trainers) are recommended.

Waterproofs

When you are out all day, good protection from the elements is essential for comfort and safety. Breathable fabrics are advisable but do not spend a lot of money on fabrics such as Gore-Tex unless you plan to use them on a regular basis after your expedition. Essential features include an integral hood with stiffened peak, full storm flaps covering zips, and pockets which are accessible when wearing a rucksack. Waterproof trousers and jackets should also have taped seams. The requirement for a good quality waterproof that will give reliable protection from the wind and rain, as opposed to simpler light-weight waterproofs, will depend on the climate and altitude of the treks on your itinerary.

Recommendation for Romania

The weather in Romania is incredibly changeable. From warm, clear conditions one minute to heavy rainfall along with a sharp drop in temperature the next. Good quality, sturdy waterproofs are an essential piece of kit for your expedition. As well as a good waterproof jacket it is also vital that you bring a good pair of waterproof trousers.

Fleece jackets

Fleeces vary enormously in price. The aim of a fleece jacket is to keep you warm as part of a layering system. The layering system works by trapping warm air between the layers, so baggy fitting layers are not effective. Fleeces 'wick' (expel) moisture away from the body and retain little water, but beware of cheap imitations as they will not wick efficiently and weigh more. The majority of fleeces are not windproof so they usually need an outer layer to cover them if it is cold and windy (i.e. your waterproof jacket and trousers). Micro fleeces are a lighter weight version of normal fleece layers and can add an additional layer of warmth.

Recommendation for Romania

It is essential that you bring a warm fleece jacket with you as temperatures will drop at night and it can be cold, wet and windy during the day.

Base Layers

As previously mentioned, warmth and comfort is attained by the layering system. Thermals are the first layer or base layer and should be close fitting to work effectively. Their aim is to wick moisture away from the skin and dry quickly. They are usually available in different weights and can be quite inexpensive but avoid those made from cotton as these do not have any wicking properties. Technical synthetic fabrics such as polyester or polypropylene are ideal. Cotton, however, may well be appropriate for hot climates although, once wet, cotton becomes cold and clammy and takes a long time to dry.

Recommendation for Romania**14 day trek & project itinerary**

A good set of base layers/ thermals will be useful in Romania.

10 day project itinerary

Base layers are not required for this itinerary. An old set of clothes would be useful during project work.

Water Bottles

Keeping fully hydrated is essential, you will drink far more water than normal whilst trekking. Whilst on expedition you must carry at least two 1litre water bottles, one to purify your water in, and one to drink from. Additional water storage may be required for some destinations.

Recommendation for Romania

Two 1 litre water bottles are sufficient for Romania.

Walking Poles

These are particularly useful for longer treks (5 days plus) or high mountain treks. Research shows that the use of two walking poles can reduce the strain on the back, leg-joints, ankles and knees by up to 60%, especially on down hill stretches when carrying rucksacks. If purchasing walking poles please note that cost does not necessarily represent extra quality, and two is better than one, but one is better than none at all!

Recommendation for Romania**14 day trek & project itinerary**

Walking poles are very useful in Romania but not an essential piece of kit.

10 day project itinerary

Walking poles are not required for this itinerary.

Money Belt

These are designed to be worn on the waist under your clothing for maximum security. Ideally the money belt pouch should be large enough to take a passport and keep your cash unfolded. A money belt is highly recommended for your expedition to Romania.

Individual kit list for Romania

Base Layer	
2/3	T-shirts
2 pairs	Heavy duty walking socks
3 pairs	Underwear
1 set	Thermals (14 day trek & project itineraries only)
Warmth Layer / Trek wear	
2 pairs	Comfortable, strong, quick-drying trousers
1 pair	Comfortable cotton shorts or equivalent
1	Long-sleeved shirt or equivalent
1	Micro-fleece
1	Fleece jacket
1 pair	Warm gloves (14 day trek & project itineraries only)
1	Wool or fleece hat (14 day trek & project itineraries only)
Protective layer	
1	Wide-brimmed sunhat (not baseball cap)
1	Good quality waterproof jacket with hood
1 pair	Good quality waterproof trousers (14 day trek & project itineraries only)
Misc	
One	Bathing costume
One set	Old clothes for use on project phase if required
Footwear	
1 pair	Walking boots with good ankle support and semi-rigid sole
1 pair	Sandals with ankle strap or old trainers
Equipment	
1	14 day trek & project itineraries - Large rucksack (65 litre) 10 day project itineraries – Duffal bag or holdall (50 - 65 litre)
1	Daysack (20-30litres / 30-40litres) To be packed in main bag whilst trekking
1	Rucksack liner to waterproof your kit
1	Sleeping bag (3/4 season) and compression sack
1	Sleeping bag liner
1	Sleeping mat (foam or inflatable)
1	Head torch
2/3	1 litre water bottles or equivalent hydration system
1 pair	Sunglasses (good quality, UV A and B reflective)
1	Towel (not beach towel, but lightweight travel towel)
1	Whistle
1 set	Fork, spoon, mug and plate/bowl (bowl is generally more practical)
Optional	
1	Bandana
1 set	Playing cards
1	Paperback book
1 or 1 set	Collapsible walking poles (14 day trek & project itineraries only)
Health and hygiene	
1	Washing / shaving kit
1 roll	Toilet paper
1	Packet of wet wipes
1	Bottle of antibacterial gel
1	Insect repellent (formulas with DEET tend to be the most effective)
1	Sunblock / high factor sun cream
1	Tube of lip sunblock / lip salve

1	Bottle biodegradable / all purpose soap
Sufficient	Sanitary products (females)
1	Athlete's foot talcum powder
Sufficient	Personal medication
1	Personal first aid kit to include antiseptic cream/wipes, assorted plasters, blister kit, Antihistamine for allergies (not Triludan), 10 x re-hydration sachets i.e. Dioralyte, painkillers i.e. paracetamol
Ancillaries	
1	Notebook / journal and pen
1	Small penknife
1 pair	Gardening / work gloves for the project. Only if appropriate to your expedition
1	Money belt
1	Cheap waterproof watch
1	Set of re-sealable plastic bags for waterproofing kit
Group items (per 3 /4 people or 'tent' group)	
1	Travel sewing kit
1	Spare boot laces
15m	Strong synthetic cord (paracord)
1	Roll of thick waterproof plastic tape (Gaffa Tape)
1	Box of waterproof matches / lighter
1	Guide book
Documentation	
1	Passport (must be valid for at least 6 months after your return date)
1	Visa (if applicable)
2	Copies of passport (photo page) – take these to build up day
2	Passport photos – take these to build up day
Ensure that you complete your personal contact details online (on the expedition members' website) at least 4 weeks prior to your departure	

Please note you are advised to travel to your destination in clothes from this kit list so as to avoid taking unnecessary items on expedition with you. They will only weigh you down!

Cost versus quality

Do not feel that you have to buy the most expensive equipment and do try to borrow as much as you can. If you are unable to borrow the equipment, Cotswold Outdoor provides an exclusive service offering Challengers, School Leaders and Expedition Leaders advice and discounted prices on clothing and equipment suitable for your specific expedition. You can either use their efficient mail order service (Tel: +44 (0)844 557 7755), visit their website (www.cotswoldoutdoor.com) or visit a Cotswold Outdoor shop personally for equipment advice. Don't forget to use your World Challenge discount card. If you haven't received yours or if you have lost it you can print another copy from the Discounts page on My World Challenge.

If you intend to get a lot of use from your equipment prior to or after the expedition, then you may feel that you would prefer to buy leading brand items. These will probably last for longer, particularly if you envisage continuing your interest in the outdoors after the expedition. Manufacturers sometimes even offer lifetime guarantees on equipment such as rucksacks and waterproofs.

If you have any questions about your kit please contact our Customer Advisors on +44(0)1494 427 600 or email welcome@world-challenge.co.uk.