



INFORMATION FOR EXPLORERS

A journey of self-discovery!

The Overseas Expedition Development Programme gives you the opportunity to develop your experience and knowledge in some of the most exciting and stunning locations on earth as well as to discover new life skills that will stay with you forever. Expeditions can be very challenging. As a participant you will be living closely with a team of people in a foreign country. Home comforts such as hot showers, home cooked food, toilets and washing machines may not be available! You'll miss having your own bed and time alone. The intensity of the experience, however, will allow you to take a closer look at yourself and to discover the real you!

The Essentials

You must bring the following with you:

- Passport and other documentation (valid for a minimum of 6 months from the date of arrival)
- Scanned copies of passport pages
- 2 Passport photographs
- Vaccination record card
- Details of allergies and medication
- Personal medication i.e. Asthma, Malarial prophylaxis
- Contact details of your family

Example Packing List

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| • Waterproof jacket and trousers | • Matches |
| • Boots | • Spare cord 5m |
| • Fleece jacket | • Sewing kit |
| • Thermals | • Notebook |
| • Underwear | • Watch, whistle and penknife |
| • Socks | • Sun hat and sunglasses |
| • Shorts | • 2 Water bottles |
| • Walking trousers | • Cutlery, bowl and mug |
| • Long sleeve shirt | • Personal first aid kit |
| • T-shirt | • Insect repellent |
| • Swimming costume | |
| • Travel towel | |
| • Warm hat and gloves | |
| • Head torch and spare batteries | |
| • Camera | |
| • Book | |

Please remember to use your Lifesigns discounts when buying equipment



Choosing your rucksack

When buying your rucksack, opt for a top-loading one with plenty of space. We recommend that your rucksack has a 60-80 litre capacity.

Don't be tempted to buy a rucksack with wheels - these are totally unsuitable for expedition life. Remember, you'll be carrying your rucksack around with you for a long time – so make sure it's comfortable!

Packing your rucksack

Before you start you should make your rucksack waterproof with a rucksack liner or a strong rubble bag. Don't use a bin liner as these are too weak. Organise your equipment into small sections individually waterproofed in separate bags.

Pack your heavy items last ensuring that there is plenty of padding on the inside of the rucksack. Personal clothing should be packed at the bottom, but leave your fleece jacket until last.

Looking after your personal equipment

It is important to always keep a dry set of clothes in your rucksack. If you get wet during the day you can change into the dry set in your tent at night. You can then put your damp clothes back on the next day. Make sure you waterproof everything. You will be surprised how easily water can get into your rucksack!

Expedition boots

You need to choose your boots carefully and select a pair that is high enough to protect the ankle, breathable, comfortable with a strong flexible sole. There are plenty of reasonably priced quality boots on the market. If traveling to jungles, do not buy Gore-tex boots!

Sleeping bags and sleeping mats

A sleeping bag alone will never provide complete insulation against the loss of body heat due to conduction through the ground. A sleeping mat will help to prevent this and will also provide some comfort. The type of sleeping bag that you will need will depend upon the destination you are visiting and the temperatures you will encounter – contact your SPC for further details.

Food

Bring some herbs, spices, oxa and chilli powder with you to liven up dull and tasteless expedition food. If you want to bring some extras like Marmite, Cup-a-Soup, Tabasco sauce and sweets please remember you have to carry everything you bring!

Waterproof clothing

Select a jacket and trousers set that is guaranteed to keep you dry through the harshest weather conditions.

The set must be windproof, waterproof, keep the heat in and allow sweat to escape.



Fund raising (covered in further detail in the Fundraising handbook)

There are many ways to raise the money for your expedition.

Fund raising can be hard work but it can also be a lot of fun. Here are some examples of how to raise the money:

There are plenty of activities that you can do on your own in order to raise money. Don't be afraid to approach friends and family to ask for sponsorship.

Group fund raising is a good way of getting the funds you need but it requires planning and organisation and so can be fun and good practice for the expedition! Activities like sponsored walks and runs, car boot sales, gigs and dances are all great ways to raise money and have some fun in the process. It's a good idea to write to local companies, organisations and any family connections. Inform them of your future expedition and ask for sponsorship. Why not try and get your story into the local newspaper and tell them you are looking for sponsorship?

It may be possible for you to find some part-time employment in order to raise money and family members may be willing to pay for you to do things like washing the car and housework! If you are under 16 the number of hours you are allowed to work is restricted by law. Under 16s are not allowed to work during school hours for more than 2 hours on a school day, or more than one hour before school starts. You cannot work more than 4 hours without a break or work before 7am and after 7pm. Under 16s should not work more than 8 hours on a Saturday or more than 2 hours on a Sunday. If you are under 15 years old, you should not work more than 5 hours on a Saturday. It is unlawful for you to work in commercial kitchens, cinemas, theatres, nightclubs, collecting money door to door, street trading or in the personal care of residents (i.e. residential homes).

You may wish to make enquiries about grants and sponsorship available to young people. The Royal Geographic Society's website has a section on grants. www.rgs.org

Expedition Costs

The cost of the expedition is spread over four payments: Deposit, EST1, EST2 and Final Payment. Payment should be made by cheque, debi card, BACS, or standing order. Please call us for details of our payment plans.



The payment structure has been formulated to cover the costs of the development programme. The total amount also covers the cost of flights, insurance, medical cover, group equipment and all associated in-country costs.

It is important to be aware that each participant must arrange their own travel to and from the training courses and are responsible for the cost of the return journey to the departure airport.

Participants are also responsible for the cost of passport fees, visa costs (if applicable), inoculation fees (where applicable), personal medicines, personal equipment and clothing.

Each participant will receive advice and instruction on money management as part of the development programme.

Should a participant wish to cancel their place on the expedition, cancellation charges will be imposed. For a breakdown of cancellation charges please refer to your expedition terms and conditions.