

BPE DofE Expedition Bitesize 02: Personal Clothing

There is an element of personal preference in expedition clothing, but there are 3 key principles:

1. Use multiple layers – provides more insulation and allows better regulation of body temperature.
2. Stay dry
3. Choose suitable materials – synthetic fibres offer very good insulation and are lightweight, absorb less water and dry quicker.

Outer layer

- Acts like a shell, providing protection against wind and rain.
- You will need a waterproof jacket which is both waterproof and breathable, thus allowing sweat to escape and keeping you dry.
- You will also need a pair of waterproof over-trousers.
- For expeditions through boggy moorland terrain, you may wish to use a set of gaiters to keep your feet dry.



Middle layer

- Insulating, lightweight, windproof and quick drying.
- Fleeeces are popular as they absorb little moisture.
- Lightweight trousers are often preferred to shorts, giving better protection against nettle stings, insect bites and sunburn.
- Check the manufacturer's label and avoid wearing natural fabrics, such as cotton, which retain moisture and prevent sweat from escaping. Please do **NOT** wear jeans or denim.



Base layer

- Needs to draw sweat away from the skin.
- Synthetic fibres – such as polyester and acrylic – are better than cotton as they dry out quickly and transfer moisture faster.
- Football tops or sports tops are generally suitable for expeditions.



Hat and Gloves

- Cold weather – used to retain heat and keep participants warm.
- Hot weather – a light, wide-brimmed hat protects the head, neck and face from sunburn.
- Gloves – ideally should also be waterproof.
- Cycling gloves are ideal to protect the hands on canoeing expeditions.