

Lightweight Camping Tips

How to stay warm, dry, clean and fed on a lightweight weekend
(and still be friends with your tent mate!)

With everything you take consider the weight, bulk and usage. Don't leave behind important things like good rain gear and 1st Aid equipment but don't carry an extra billy for 3 days so you can cook peas one night.

WARM:

- Dress in layers. If you have a clean shirt each day you can wear a flannelette shirt over them for several days.
- A fine wool or polar fleece jumper can go over both
- A nylon jacket is light and keeps out the wind or would your raincoat do?
- A camping mat is warmer than a lilo
- You lose most heat through your head so wear a beanie
- Use a flannelette or brushed inner bag and/or a woollen scarf wrapped round your lower back
- Wear woollen socks during the day and take bed socks too
- Have a complete change of clothes to sleep in – not clothes damp from the night air.
- Eat a small chocolate bar before you go to bed – it warms you enough to get to sleep

DRY:

- Have a good coat – at least knee length and preferably not plastic which tears
- If you do choose a poncho make it a good nylon one
- In persistent rain a chux around your neck stops trickles
- **NEVER** take jeans – they act like a wick and the water and cold rise up
- Track pants that can be rolled up are better or even shorts – it's easy to wipe your legs!
- Yard'n Garden boots are like giant galoshes (and lighter to carry than another pair of shoes.)
- Don't touch the sides or top of the tent and do up the door if it looks like rain and you're away from the campsite.
- Don't wear your shoes into the tent – crawl in on your knees if you just want to get something.

CLEAN and TIDY:

- If you are not wearing or using anything it should be in your pack
- Keep like items in drawstring or plastic bags
- NEVER wash up under a tap or in a creek
- Take a washing up kit between two.
- Take an extra wash bowl (e.g. 2l ice-cream tub) for personal use washing
- Have a warm wash before you go to bed – it warms you up and makes you feel better too (wash down as far as possible, up as far as possible, then possible).
- Sit in the doorway of your tent to wash and change into sleep clothes as you go. Put the used water where it won't spill on the tent.

FED:

- Carry your own food or share with your tent mate
- Don't take all the packaging (but remember the instructions)
- Make sure you have tried the meal before so you know you will be able to eat it
- Count slices of bread, biscuits etc Don't carry extras that you are unlikely to eat except if you are hiking in a remote area and should carry spare rations such as rice, sugar, tea for emergencies
- Allow a slightly larger serve, especially if you will be exercising hard
- Clip-lock bags come in many sizes and are light. You can also carry small amounts e.g. sugar tablets, toothpaste, vegemite in plastic lids with plastic wrap over them
- Consider the equipment (stoves, billies etc) you need to carry when choosing your menu so you can keep weight down.
- You can cook different things in clip lock bags in the same billy

STAY FRIENDS:

- Share the work
- If you won't be where the program says you should be, let your tent mate (and your Leader) know where you are going and when you'll be back.
- Keep the tent and particularly your possessions TIDY

Have a great weekend!