

Africa Trip 2011

A full list of equipment and clothing will be provided nearer the time, but some items that you may wish to include in your letter to Santa are detailed below:

Christmas Wish List

(All available from *GOoutdoors*, Portrack Lane, Stockton.)

Self-inflating sleeping mattress (180x51x2.5 cm.) - £12.97

This is optional. You will be provided with a karrimat to sleep on by the school, but these are only good for insulation, they do not soften the contours of whatever ground you are sleeping on. The self-inflating sleeping mattresses are heavier, but everybody who uses one is adamant that they get a better night's sleep. However, people who only use karrimats say that they are very good for sleeping on as well. The downside with the self-inflating mattresses, apart from them being heavy, is that they can puncture, and you will need to be careful with them in this respect.

Lifeventure Soft Fibre Advance lightweight towels.

Large size (110x62 cm.) - £15.30 or Extra large (124x80 cm.) - £20.70

These are highly recommended - they are extremely light, and they dry out very quickly. You will find them cheaper on *Amazon*.

Gelert aluminium drinks bottle. 1 litre – currently on a clearance offer at £2.99)

(You will be able to buy other types of drinks bottles cheaper than this, but these particular bottles are much better at keeping drinks cool, and they are much more robust than plastic bottles).

Petzl Tikka Plus head torch - £27.00

These are excellent value for money, and a head torch will keep your hands free for camping and cooking activities. There are cheaper ones at £4.99 and wind-up ones for £4.99 but the *Petzl* ones have a much better beam and battery life.

Frontier 3 season sleeping bag - £14.99

A 3 season sleeping bag is essential.

To take advantage of their discount prices, you need to buy a *GOoutdoors* discount cards, (£4.00), and you can get a further 10% discount if you take an Africa Project identity card with you, (obtainable from Mr. Swan), and ask for Mike or Matt at the store.

If you can find any of these items cheaper elsewhere, please let us know so that we can pass details on to everyone.