



SCS
QUEST

SCS QUEST 2021

SUGGESTED KIT LIST

SUGGESTED KIT AND EQUIPMENT LIST FOR ALL STUDENTS:

Below you will find a recommended equipment list for The Quest 2021. This list has been prepared with both safety and comfort in mind. We recommend that you read the list carefully when preparing your clothing and equipment. It is unnecessary to spend too much money on this equipment but rather to borrow from friends and family.

If you are unable to borrow equipment, there are a number of outlets including Hi-Tec, Cape Union Mart, Outdoor Warehouse, City Rock, Drifters, Red Mountain etc. that have a number of pricing options for most styles of clothing and equipment suitable for what we will be doing.

Rucksacks

When choosing a rucksack, we recommend 45 to 50 litre capacity 55 litre max. Remember when fully loaded, an uncomfortable rucksack could make your life miserable as well as be bad for your back, so test several styles. Put weight in the rucksack and walk around the store adjusting the straps to see if the rucksack is suitable. Most rucksacks have adjustable backs, which allow for a more comfortable fit – particularly for the position of the hip belt. The bigger the rucksack you buy the more equipment you will be tempted to take with you. The lighter and more compact your equipment the smaller the rucksack you will need and the more comfortable you will be on your Quest.

Remember most rucksacks are not waterproof, so it is essential to line your bag with a waterproof liner. A variety of tough bags are available from outdoor stores, ranging from sturdy bin bag style liners to sophisticated waterproof bags. Our standard bin liners are not sufficient and tend to break after a day or so. Remember that you will need to keep free about 15 litres of space in your rucksack to accommodate the other equipment for your hike (e.g. gas cookers; first aid kit; satellite phone, tent etc., which we provide)

Sleeping bags

There are two types of filling used in sleeping bags, down (i.e. feathers) or synthetic. Down bags are usually warmer (and more expensive) for their weight and pack size and synthetic bags are heavier and bulkier, however synthetic dry out quicker if they get wet.

We recommend a two season 500 to 750 gram. Must fit in 350 mm long by 200 mm diameter stuff bag as weight and size is critical.

2 season bag – suitable down to around 0 degrees C – this could be suitable for the Cederberg in November.

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 or increase the thermal property of the bag by using a sleeping bag liner (this will increase the temperature by about 3 degrees C).

Equipment List

Clothing and Footwear

- 1 pair of hiking shoes/boots must be comfortable (for rough terrain)
- 1 pair of shoes/takkies for base camps and riding
- 1 pair of slip slops or slip-on shoes (light and easy to pack)
- 1 **waterproof** jacket with hood – essential (SCS all weather jacket is not waterproof)
- 1 pair of waterproof pants. Not essential but a ‘good to have’
- 1 warm top – fleece - Synthetic not wool or cotton. Long sleeves.
- 1 pair of long pants/trousers (no jeans) must be loose fitting.
- 1 pair of track suit pants – optional
- 1 pair of leggings
- 1 sweater or hoodie
- 2 pairs short thin quick drying
- 1 pair of cycling shorts (light padding) optional
- 1 cotton long sleeve (many go for the more expensive UV protection quick dry for sun protection)
- 2 T-shirts (one supplied by SCS) Quick drying is advised.
- 1 long sleeved top (supplied by SCS)
- 5 pairs of underwear (quick drying)
- 2 crop tops/undergarments/bra
- 1 thermal top/spencer

1 costume

1 beanie

1 pair glove

3 to 5 pairs of Socks – (at least two pairs of thick hiking socks for above the ankle are recommended)

1 sun hat (wide brimmed floppy hat)

2 buffs and 2 face masks (compulsory this year) 1 buff provided by SCS

Sleeping and Carrying

1 rucksack - 45 to 50 litre capacity 55 litre max.

1 Day pack - Lightweight minimum 20 litre capacities.

1 sleeping bag -Two season 500 to 750 grams. Must fit in 350 mm long by 200 mm diameter stuff bag.

1 sleeping mat (Roll-up foam mat (high density is perfect – the air mats often puncture easily)

Recommended 1000x500x10 mm thick closed cell, high density foam pad. No longer in length. Available from Sondor in Paarden Eiland. (They cut the strips of foam to size and are very affordable)

1 inner liner for extra warmth (optional)

Equipment

2 water bottles – 1 litre plastic cold drink bottle (coke one works) is perfect (strong, slim and cheap)

1 Head-torch NOT hand-held that takes AAA batteries plus sufficient spares – 3 extra sets for the torch plus the batteries in the torch.

1 pocketknife (optional)

1 plastic mug – pliable lightweight

1 plastic bowl – pliable lightweight

1 set of eating utensils - lightweight

1 set of camping/cooking pots or just an inexpensive aluminium pot (1 litre)

Toiletries and Medical

2 tubes of sun block / high factor sun cream (minimum SPF30) (pack in zip lock bag)

1 insect repellent

1 tube sting and bite cream

1 antihistamine cream

1 tube lip sun block

1 towel (not a beach towel, but a quick drying travel size towel) Thin small. No bigger than 1000 mm x 500 mm.

1 flannel no bigger than 250 mm x 250 mm

1 soap (biodegradable, for body) (pack in a zip lock if soap is liquid)

1 zip lock bag of washing powder (own use)

1 toothbrush and toothpaste (not electric)

1 shampoo and conditioner (small)

1 hairbrush/comb small

1 toilet paper in a zip lock bag (back ups will be available at bases)

Sanitary Ware (what is required in a ziplock)

1 roll of plasters (singles are not as good – better to cut to size)

1 roll of micro pore for blisters

1 tube of chaffing cream

Contact lense solution (if needed)

Personal medication (Ventolin inhalers / skin cream/ etc.)

Panados or pain meds (own use)

sunglasses (optional)

ALL toiletries can be downsized for the hiking part of the Quest and as suggested in training take away plastic containers work like a bomb. This in turn can be placed in a smaller zip lock bag.

Additional Items

Disposable Camera

1 box of matches (or lighter)

2 x pencils and 2 x Pens

1 pack zip lock bags

2 large garbage bags

Useful links:

<https://www.capeunionmart.co.za/>

https://www.outdoorwarehouse.co.za/?gclid=Cj0KCQjws-OEBhCkARIsAPhOkIathd6UVVj6DhrzJn6YUi6DIUuyqOig7TY4pT8GYXWAzwYQVxd1CgEaAjhCEALw_wcB

https://www.sportsmanswarehouse.co.za/?gclid=Cj0KCQjws-OEBhCkARIsAPhOkIYhrsRkCMjG7SuSgmR-6_7FXlx4KeFOTckeRH74yWzqiQF4ywFt9IaAu4tEALw_wcB

Cape Union Mart, Outdoor Warehouse and Sportsman's Warehouse all stock the necessary equipment.

HOWEVER

<https://www.scuttle.co.za/rent/hiking/?ID=mainnavhiking>

This is a website on which you can RENT or buy all hiking/camping equipment. The decision is yours as to how you get all the necessary equipment on the list.





Backpack



Beanie



Headtorch



Gloves



Sun hat



Socks



Water bottle



Small Drybag



Foil Emergency Blanket



Quick-dry towel



First Aid Kit



Compact Sleeping Bag