

53: how to shed those unwanted kilos

answers

	What Simmo has brought	Helpful suggestions/sensible alternatives
E.g.	deodorant & deodoriser	Leave them home. Perfume attracts mosquitoes!
1.	new tube toothpaste	Either don't use toothpaste or decant some into a film roll case.
2.	padded toiletry bag	Use a plastic bag or lightweight stuff bag.
3.	4 rolls toilet paper	Estimate the amount you need, double that amount & stow it in a snaplock bag.
4.	6 pairs boxer shorts	You need one change of undies per day, unless you can wash them, in which case you might only need 2 changes all up.
5.	PJs	Sleep in your clean change.
6.	air mattress	Get used to a closed cell foam mat or invest in a self-inflating mat.
7.	pillow	Use a stuff bag filled with jacket, etc.
8.	a very bulky sleeping bag	Beg, buy, borrow or steal a good quality lightweight sleeping bag. (Alternatively, use a crappy summer bag & a fleece liner.)
9.	padded ski jacket	Wear thinnish layers instead. (Pure wool thermals are warm as.)
10.	china plate, bowl & mug set	You can use your Trangia billy as a bowl. Alternatively, you can buy cheap camping mugs & open bowls that work as plates as well.
11.	4 cans soup	Try packet soup. (You can get really healthy gourmet packet soup!)
12.	carton eggs	Don't plan to cook eggs. If you must, take a couple & protect them properly (e.g. inside a mug).
13.	large container margarine	Either decant what you need into a small air-tight container or take sachets.
14.	large jar peanut butter	Decant what you need. (Make sure no-one is allergic to peanuts, in which case, don't take them.)
15.	box cereal (jumbo size)	Decant what you need into one or more small screwcap containers which can triple as breakfast bowls & compressed rubbish containers. (You can even add powdered milk to your cereal.)
16.	2 litres chocolate milk	Take water instead. (Check first to see if there is potable water along the route.) You can also take powdered chocolate drink.
17.	6 pack of cola	Take water instead.
18.	glass salt & pepper shakers	If you absolutely need salt & pepper, take sachets instead.
19.	bottle tomato sauce	Take sachets.
20.	2 kg mixed lollies	Lollies are empty calories & dead weight. Try dried fruit or scroggin instead. (You won't need 2kg, even if you do share.)
21.	2 pancake shaker packs	Make up your own pancake mix (e.g. self-raising flour & egg substitute) & stow in plastic bag.
22.	esky for food & drink	Don't take food that needs to be kept cold for a significant time.
23.	Dolphin-type torch	Take only a lightweight torch for bushwalking. Head torches are ideal.

footprints answers

24	12 volt TV	Definitely leave this one behind (& most other battery-operated equipment). Think of more active, creative ways of entertaining yourself.
25	4-man tent	If you have to take your own tent, find a tent that is lightweight (e.g. 2 person).

teachers' notes

- 1) Yes, at some stage or other, students of mine have brought everything Simmo did – including the 12 volt TV!
- 2) Not many kids will own or have access to specialised equipment, but it is worth showing them what is available by bringing your own pack all ready to go. This way, you can also show kids how you pack your stuff. If there are other staff at school who are serious walkers, see if they will do a show & tell as well. (It really doesn't matter if they pack their stuff, etc. in a different way to you.)
- 3) The advantage of conducting a gear check before you go is that you know students have what they need & don't take lots of crap. This works well for younger kids (e.g. 12-13 year olds).
- 4) The disadvantage of conducting a gear check before you go is that it takes away responsibility from the kids. With older kids, I tend to conduct a "verbal gear check."
- 5) Take into account individual difference when allocating gear. A stronger kid can more easily manage a heavier pack, so for example, they might carry the tent & fly, while their buddy carries the poles.