

The Dry Stone Way GR221 - Majorca - KIT LIST

Cost Versus Quality

Do not feel that you have to buy the more expensive items. If you are unable to borrow the equipment from friends, do shop around, in stores and on the internet. It is easily worth your while joining the British Mountaineering Council, and then in all likelihood you will get a discount on many shop products of up to 10%.

If you intend to get a lot of use from your equipment prior to or after the trek, then you may feel that you prefer to buy leading brand items which will probably last for longer, (especially foot wear).

The purchase of equipment is a sensitive issue and care should be taken when putting together your personal trek kit. Where possible keep the cost sensible, try to borrow kit, and not spend unnecessarily.

Also please be cautious when seeking advice, especially from people that have not been to the destination. Advice gleaned from other parties may be inaccurate for the season and the type of trek that you are going to undertake. The attached list is your official trek list and should be adhered to. If you are in any doubt then please do contact Will Legon at Will4Adventure with any questions. Below is some general advice for this destination and on equipment requirements.

Some Recommended Retailers

The following offer some good kit at discounted / low prices.

- Cotswold Outdoors – 15% discount with the Will4Adventure code.
- Alpkit.com – excellent sleeping bags and down jackets at low prices
- Gooutdoors.co.uk – sell a range of equipment and always have a sale on!

- TK Max and Decathlon offer some perfectly adequate waterproofs and fleece tops at good prices.

Majorca – Autumn & Spring Seasons

The mountains of Majorca's North coast can be a pleasantly hot place by day, but at night the temperatures may drop enough to be considered chilly. Also it could very well be raining hard so do be sure to have waterproofs you're comfortable to be in. Also be sure to bring day time walking clothes that are suited to protecting you from the hot sun.

Rucksacks and day-sacks

These can vary enormously in quality and in price. When choosing a sack, remember that if it's uncomfortable when loaded that your life will be made a misery! When buying your bag, do try on several in the shop. Put weight in them, take plenty of time to walk around and adjust the straps to see if the rucksack is suitable. Remember also, on this trek that we are carrying our kit the whole way. So take care to buy a good day-sack – which you will be carrying all of the time. Last of all, never believe that your bag is waterproof – whatever the assistant in the shop tells you: so be sure to buy some sort of waterproof liner. Probably best of all is a big orange survival bag. Avoid kitchen disposal bin bags – these are too flimsy.

Size

The bigger the sack, the more you will be tempted to carry in it. Too small though and you will end up strapping cumbersome objects onto the exterior. For this trek a 40 litre sack should be fine. Essentially it needs to be large enough to carry sufficient water and provisions for the day, including any additional clothing that may be required.

Sleeping Bags

These are not required on this trek – all our accommodation comes complete with bedding!

Footwear

Trainers will be too flimsy and not offer the support required for the walking over the stony terrain that is in abundance on this trek. Approach shoes on the other hand work well, but possibly best of all are lightweight walking boots which will offer you ankle support whilst not being overly cumbersome. Bring some flip flops for the evenings!

Waterproofs (shell layer)

When you are out all day, good protection from the elements is essential for comfort and safety. Breathable fabrics such as Gore-Tex are advisable but do not spend a lot of money on them unless you plan to use them on a regular basis. This holds especially true for waterproof trousers, which you are likely to need even less than a jacket. Essential features of a jacket include a hood with a stiffened peak and storm flaps covering the zips and pockets. The garment's seams need to be taped. It should also be large enough to wear on top of several layers.

Fleece Jackets

Fleece jackets vary enormously in price. Fleece wick (expel) moisture from the body and retain little water, but beware of cheap imitations that will not wick efficiently and weigh more. The majority of fleeces are not windproof, and nor do they really need to be. If it is cold and windy the additional warmth can be gained by wearing the shell garment on top.

On this trek you're likely to only need this layer in the evenings.

Base layers

Wearing a cotton T-shirt will negate the best properties of the fleece and breathable coat you may have just spent so much money on!

A collared shirt with buttons and long sleeves affords you good protection from the sun and also keeps you cool. This is the best

bet for this trek with something to change into at the end of each day.

Water bottles

Keeping fully hydrated is essential, you will drink far more water than normal whilst trekking. Whilst on trek you must carry at least two 1 litre bottles, one to purify your water in, and one to drink from. Having a platypus (or similar) is incredibly helpful since it allows you to drink continuously with ease. Water fountains can be found en-route on some days. There are mixed opinions on how clean the water is. Many people do drink from these however.

Walking Poles

These are particularly useful for longer treks or high mountain treks. Research shows that the use of two walking poles can reduce the strain on the back, leg-joints, ankles and knees by up to 30% especially on down hill stretches when carrying weight. They also offer essential support when crossing rivers, and are a great aid in the event of an ankle sprain. If purchasing walking poles please note that cost does not necessarily represent extra quality. Two are better than one, and one is better than none at all!

Excess Weight and Your Flight

You will only have an allowance of 20Kg (possibly just 15Kg if flying with Ryanair). The reality is that one pack weighing no more than 7Kg should see you through on this trip.

INDIVIDUAL KIT LIST FOR TREKKING IN MAJORCA

Rule of thumb:

Light is right! Walk by day in your shorts and get changed in the evening into 'clean' dry gear. If it rains wear your waterproof trousers over your shorts ... or just your shorts!

Base layer

2 x	T shirts
1 x	collared shirt
3 pairs	walking socks
3 pairs	underwear
1 x	pair of shorts
1 x	swimming costume

Warmth layer / Trek-wear

1 x	fleece jacket
1 x	comfortable, strong, quick drying trousers

Protective layer

1 x	wide brimmed hat
1 x	waterproof jacket
1 x	waterproof trousers (light-weight)

Equipment

1 pair	light walking boots
1 pair	flip flops
1 x	day-sack with wp liner
1 x	head-torch with new batteries
2 x	1 litre water bottle
1 pair	sun glasses (good quality – UV a and b reflective)

Health and Hygiene

1 x	washing / shaving kit
1 x	sun block / high factor sun cream
1 x	light towel
1 x	soap, for body, hair and clothes
1 x	personal first aid kit to include
	• antiseptic cream
	• assorted plasters
	• blister kit
	• insect repellent
	• antihistamine for allergies
	• 10 x rehydration sachets i.e. Dioralyte
	• Paracetamol
	• Ibuprofen
	• personal medication (Ventolin inhalers etc.)
Sufficient	sanitary products (females)

Ancillaries

1 x	camera
1 x	money belt
1 x	cheap waterproof watch
1 x set of	waterproof bags for waterproofing
1 x	book
1 x	ear plugs

Documentation

1 x	passport
1 x	flight tickets
1 x	EHIC card

Optional Items

1 x	neckerchief / bandana
1 x	playing cards