

Things to do before you go on the expedition.

- 1: Make sure tent is still waterproof *waterproof it now before its too late* (Waterproofing spray available from camping shops) and make sure all parts are with the tent, poles, tent pegs, guy ropes and check the tent is still in good condition
- 2: Make sure waterproof coat and trousers are still waterproof (*the water should run of it*) if not treat them now. Wash the coat and trousers first with something like Nikwax Tech wash, then waterproof them with something like Nikwax TX.Direct waterproofing spray or a wash in type.
- 3: Clean your walking boots (if then are still dirty) and reproof them if needed with something like Granger's Footwear Proofer .
- 4: Day or two before the expedition cut your toe nails.