



Assistance for Outdoor Gear and Outdoor Clothing

PLEASE CONSULT YOUR EQUIPMENT LIST FOR WHAT TO BRING ON CAMP
AS THIS IS JUST A GUIDE TO HELP WITH YOUR OUTDOOR EXPERIENCE

Vast Outdoors has been catering for the needs of outdoor enthusiasts for 15 years, since being purchased as an independent business in 2000 (formerly called Snowgum Moorabbin as a franchise).

Over the years, we have melded all of that practical outdoor experience with world leading brands to deliver a high performance range of outdoor focused clothing and gear. Our team members are well trained and our product range is carefully selected with safety, variety and price in mind. We also understand that the proposed investment may be for a short 5 day experience so it must be affordable. In every product category we offer a range of price options.

With this Guide we hope to outline the key benefits of Outdoor Gear to help parents and students understand the items listed by the school and to assist them in making their purchases – but we would rather talk than have you read what we have to say, so please call us (9555 7811) or drop in and we'd be happy to run through it all with you.

Many schools we deal with provide items like Jackets, Overpants, Packs and Tents – so we won't go into detail here, but we have a huge range in store we can talk you through.

We stock a huge range of World Leading brands including The North Face, Patagonia, Icebreaker, One Planet, Gregory, Lowe Alpine, Outdoor Research, prAna, Deuter, Sea to Summit, Black Diamond, Tatonka, Earth Sea Sky, Exped, Asolo and La Sportiva just to name a few. Our everyday retail pricing on these brands is often lower than our competitors sale pricing so come and make the comparison in quality, knowledge and service.

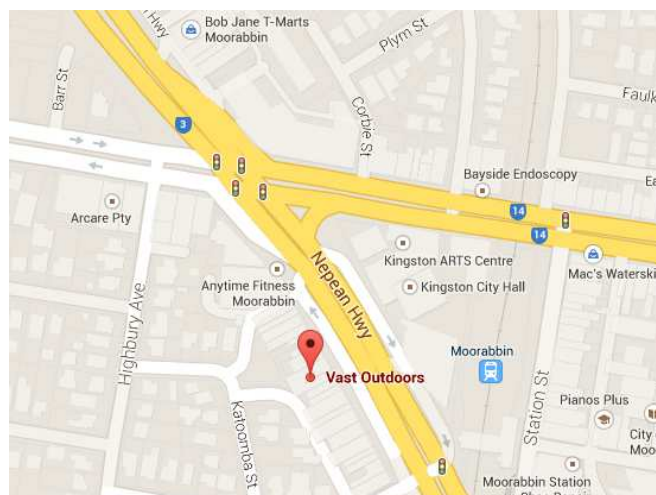
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Clothing – Layering

Wearing layers of clothes allows the wearer to shed or add layers according to changes in weather conditions, activity level and body temperature. Participants in outdoor pursuits often make use of layering to create a practical system that protects against wind, rain and cold while regulating the wearer's body temperature. Practical layering is usually based around a system of three layers.

- **Base Layer** - close-fitting garments designed to draw away sweat. Typically made from polypropylene, bi component polyester or merino wool. The base layer must continue to insulate while wet, either from moisture that has leaked in from the outside, or from sweat. For this reason cotton, which does not have this property, should be avoided

- **Insulating Layer** - looser-fitting garments worn to trap air and aid in retaining body heat. Garments made from wool, polar fleece or other synthetic fibres are typically used; again cotton just won't cut it.

- **Outer Layer or Protection Layer** - weatherproof jacket and pants to keep rain and wind out, while ideally remaining breathable. Gore-Tex is a popular well known material for weatherproof outer clothing, though many other fabrics and brands perform similarly.



Shirts/Pants

Using today's modern synthetics to build outdoor clothing enhances the experience. As a general rule 'hiking' pants and shirts are made from either nylon, a nylon/lycra blend or polyester. Nylon has a higher breathability, durability and greater abrasion resistance than polyester, but both materials are designed to not absorb water, dry quickly, move moisture from the body and have high UV resistant properties.

Polar Fleece/ Merino Wool Jumpers

Polar fleece was invented when the Patagonia brand visited a failing textile manufacturer of toilet seat covers and asked to buy some fabric to test in the outdoor industry as the English rugby tops they had been using were too heavy to lug around and kept them cold when they got wet. The advantage to fleece is it has a very high warmth to weight ratio and repels water from not holding moisture within the yarn but only between the knit. Keep away from open flames though.

Merino Wool has the added advantage of being a highly breathable fabric that is also naturally antimicrobial so it won't hold odour over multiple days of use. Merino wool (which has a much finer diameter or micron to traditional wool) has the ability to draw moisture from the skin, keep you warm when wet and is also much smaller in pack down size than a fleece – main drawback is it's usually a more expensive purchase.

Boots – an important one!

Footwear can make or break your experience – if it is not the correct fit, your days on the trail will be long and painful and at the end of the day your dogs will be barking...if you don't have to give them a second thought though...happy days!

A few key things to look for with footwear...

· Ankle High · Lace Up (not slip on) · Solid Grip on Sole with a heel · Waterproof membrane

But most importantly – that they actually fit your foot!

We stock boots from The North Face, Keen, Teva, Asolo, La Sportiva, One Planet and Hi Tec



Socks

Boots only work well with good socks – without good socks, it's likened to driving a great car with bald tyres. By using the correct socks you reduce the chance of blistering as the right materials help move the moisture away from the skin.

Many of the sock brands we sell in store (Mund, Bridgedale, Merino Treads) are international companies that just make socks! They must be doing something right.

Suffer from blisters? - We also sell Anti Blister Socks that are made in Geelong....they guarantee you won't get a blister or your money back.

Sleeping Equipment

Sleeping bags

Sleeping Bags generally come in two forms – Down and Synthetic...there are advantages to both and we primarily stock the world's best brand One Planet.

Down has the advantages of having the highest warmth to weight ratio, packs down smaller and has a higher breathability than synthetics. Synthetics have the advantages of insulating when wet, being easier to care for and having a lower price tag.

When it comes to Down bags, loft (the quality of the down) is king – the higher the loft, the better it is (the less of it you need to achieve the same warmth)...eg 700 loft Duck Down performs better than 600 loft Goose Down. The down in all the bags we sell is now DWR (Durable Water Repellent) treated which resists water and sweat for 17 X longer than non treated down. Our bags are tested to the EN13537 so let us know if you are a cold or warm sleeper and we'll explain how the bag will work for you.



A sleeping bag liner is always recommended to keep bags clean and to boost warmth – polyester, silk, polypropylene or a silk/cotton blend are the materials to look for...again, avoid straight cotton as per clothing, but blended out it would be acceptable.

Sleeping Mats

Hiking mats generally come under 3 categories – closed cell foam, open cell self inflating mat and insulated air chambered.

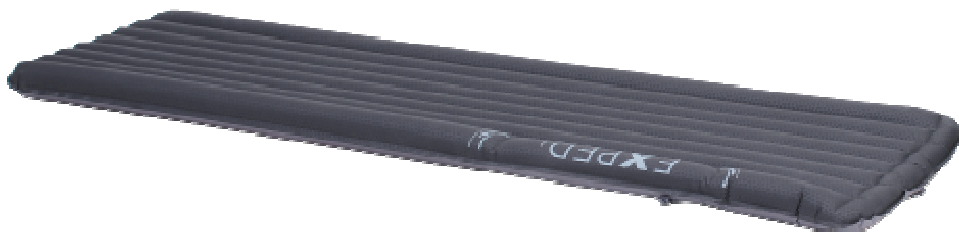
The primary function is to insulate from the ground, secondary is comfort – the level of warmth, comfort and packability will all depend on how much you are willing to invest.

Closed cell foam works extremely well – in fact the Ultralon brand we sell are used most often on Mt Everest!

Self inflating mats usually come in 2.5cm or 3.8cm in thickness and for hiking will usually have the ability to fold in half for packability.



The most popular for us nowadays are the **insulated air chambered** – made famous by the EXPED brand. These mats range between 5cm and 9cm's in thickness and cover all temperature ranges so they really turn a tolerable night's sleep into sweet dreams. The range is far too big to list here, but the prices will surprise you – you don't have to pay more to have a great night's sleep.



Headlamps

Nowadays most adventurers use a headlamp over the use of a hand held torch. Since the introduction of LED's into the lighting category, headlamps are now becoming superlight and super bright – our range runs from \$19.95 to \$109.95 and start at only 46g in weight including batteries!



Gaiters

Often an over looked piece of gear - Gaiters can offer great protection from snakebite along with the known protection from scratches, snow, grasses, mud and water.

Trekking Poles

Something some people don't usually consider but something more and more adventurers are getting behind...

- Trekking poles, like ski poles, allow your arms to help propel you forward and upward. Whether walking on flat ground or up steep hills, poles can help to increase your average speed.
- Poles reduce the impact on your legs, knees, ankles, and feet. This is especially true when going downhill. An American study found that trekking poles can reduce compressive force on the knees by up to 25 percent.
- Trekking poles can be used to deflect scrub. They can push away thorny branches and swipe away spider webs that cross trails.
- Walking with poles can help you establish and maintain a consistent rhythm, which can increase your speed. This is especially true on flatter, non-technical terrain.
- The extra two points of contact significantly increase your traction on slippery surfaces like mud, snow, and loose rock.
- Poles help you maintain balance in difficult terrain such as during river crossings, on tree root-strewn trails, and on slippery log bridges. Poles can act as a probe to give you more information than you can get with your eyes. Use them to learn more about puddles, melting snow bridges, and quicksand.
- Trekking poles help to alleviate some of the weight you carry. For example, if you have a heavy pack on, and you take a short break, leaning on the poles will make you more comfortable.
- Trekking poles can be used for things other than trekking. They save the weight of bringing dedicated tent poles; pitching a shelter with trekking poles can save up to a kilo. (Trekking poles are also much stronger and more rigid than tent poles, so they're less likely to break in high winds. This help creates safer shelters.) Poles can also double as a medical splint.

Hydration

Bladders

Hydration Bladders are a great way of hydrating as you can make it slow and consistent as opposed to gulping mouthfuls at a time. The other advantage to hanging a bladder in your pack is the water sits close to the back for even weight distribution and often stays colder for longer. Bladders usually come standard in 2L and 3L sizes across a variety of brands. We stock Camelbak, Hydrapak and Source.



Bottles

All bottles made by today's manufacturers are now BPA free – whether it be plastic or lined aluminium. Our drink bottles range in size from 500ml through to 1.9L in a variety of materials from brands such as Sigg, Nalgene, Camelbak, and 360 Degrees