



## **FAQs – Equipment Guidance**

<http://www.paras10.com/dress-equipment.php>

**Remember, the boots you wear, the Bergen you carry and the way you distribute the weight is down to personal preference.** However, we are often asked for advice for PARAS'10, we've put together some suggestions shared by participants on our PARAS'10 Facebook and members of the Regiment...

### **Bergens**

- Paul: "I use a Karrimor SF Sabre 45 for the Paras 10. Good comfortable bergan for tabbing. An alternative is the issue Northern Ireland sack, readily available fairly cheaply on EBay. Pack light stuff at the bottom and keep the weight high up".
- Nigel: "I used a bag of play sand from B&Q. I had it evened out, worked quite well until I fell over in a stream and it got quite heavy. Gone for dumbbells this year, they are screwed onto batten and duck taped...no movement".
- Danny: "You could use a pack of 2ltr bottles of water, the hard plastic type bottles. Gaffer tape them together or add more tape to the packaging". **(Just remember if you use water as weight you can't drink it on the way round)**
- Marius: "I padded out the bottom of the pack then poured cat litter into a thick rubble sack lining the pack until it weighed just over 35lbs. It kind of moulds to your shape and seems pretty comfy. Worth remembering that you need to make it watertight as it will treble in weight if it gets wet!"
- Craig: "I used scrap lead bashed flat and taped up in 5kg parcels and padded out the rest of the Bergen with towels wrapped up in plastic to keep them dry. 5kg of lead is a pretty small parcel so easy to place and easy to keep in place in the bag".
- Michal: "I have an approx. 65ltrs bergan and filled most of it with garden bark in black plastic sack. That gave me most of the weight and I topped it up with a small bag filled with building sand. Having weight uniformly distributed helps to carry the load with having the 'heaviest' items on top".
- Simon: "I filled 2x3 litre cordial bottles plus 2x2 litre bottles with building sand. I'm using a 30 litre high back patrol pack with a sternum strap across my chest. I have an old quilt packed into the bottom and up towards the top of the pack I place the 2x3 litre bottles in the main compartment in the centre. I pack out the remaining gaps with old clothes then place the 2x2 litre bottles in the side pockets. It's worked fine for me since 2011".
- John: "I was told by Ex SAS DS to put a sleeping bag in the bottom and squash it down so it fills bergan up and helps get your weight to the top".
- Jamie: "Sleeping bag at the bottom, padded out with pillows and blankets, I'm using gravel in reinforced bags in 5kg increments, its packed in tight".
- Jay: "Sleeping bag at the bottom, most of the weight to the top so it is resting on your shoulders".

### **Various makes of Boots:**

The main thing to remember is that your boots have adequate ankle support and should be worn in prior to the event. Military style or hiking boots are ideal.

- Berghaus
- Altaberg
- Magnum
- Taclite
- Salomon
- Brashers
- Jungle boots
- Meindl