

Scouts - Personal Kit List

The following list is only a suggestion of what personal kit to bring to camp, we expect that all Scouts should be able to decide themselves what they need and pack their own bags.

Generally it is better to use a large holdall rather than a rucksack for most camps, this is because holdalls are much easier to stow on transport than overfilled rucksacks.

ITEMS FOR FOR **EXPEDITION CHALLENGE** **(AREA 1 - EXPEDITION: A JOURNEY WITH A PURPOSE)** **AND** **OVERNIGHT HIKE CAMPS**

- Waterproof coat and trousers (good quality)
 - Walking boots (must have ankle support)
 - 2 x pairs of thick Walking socks (not nylon)
 - Hiking trousers (not jeans or thick cotton joggers)

 - Water bottle (at least 1ltr) or Bladder/Platypus

 - Warm Hat & Gloves for the mountains
 - Additional Fleece

 - Personal First Aid Kit
(plasters, personal pain relief, etc.)

 - Rucksack - for the overnight hike:
 - Older Scouts (13+) and Explorers will need at least a 65ltrs sack, check you can carry your sleeping bag, sleep mat, spare clothes, food etc.
 - For younger Scouts a 35ltrs sack should be sufficient.
 - Waterproof liner for rucksack's (rubble sacks are good for this)

 - Emergency rations (just in case!) a selection of high-calorie foods such as:
 - Chocolate bars (Yorkie/Mars bar)
 - Cereal food bars
 - Salted peanuts
 - Nuts and Raisins
- (Note: Emergency rations are not to be eaten until the return journey)

Please ensure everything is clearly and robustly labelled, makes sorting out any post-camp mix-ups much easier!