

Hike Equipment

- Day Rucksack (small)
- Neckerchief
- Gaiters
- Rain gear with wet legs
- Hat, scarf, gloves
- Small, re-sealable water bottle
- Personal first-aid kit
- Bivvy bag
- Whistle on a lanyard (in case of emergencies)
- Spare clothes in a plastic bag (e.g. socks, trousers, t-shirt)
- Strong shoes or hiking boots (not wellies)
- Torch and spare batteries
- Plastic bags (for wet clothes)
- Medications if required (e.g. inhalers)
- Compass and Map
- Map bag (optional)
- Packed lunch, something nutritious (sandwich, fruit, bar)
- Flask of hot liquid (soup, tea, etc.) (optional)
- Emergency rations (e.g. dried fruit, nuts, chocolate)
- Scouting knife (if you have one)
- Sun cream

Scouts are permitted to bring mobile phones but must keep them in their backpacks to preserve battery life for use in case of an emergency.