

Please ensure that your scout has eaten dinner at lunch time on Friday. We will eat a cooked supper

Personal equipment list for camp:

- Day rucksack
- Bivvy bag
- Gaiters
- Hat, scarf, gloves
- Platypus or water bottles totalling at least 1 litre
- Spare 500ml water bottle (optional)
- Whistle on a lanyard (in case of emergency)
- Map and compass
- Scout knife (optional)
- Waterproof raingear (windproof jacket and leggings)
- Torch (with spare batteries)
- Day-to-day medications (inhalers, etc.) if required
- Insect repellent (and/or headnet)
- Sunblock
- Cooked supper (e.g. pasta), breakfast, lunch (e.g. sandwiches), energy bars and/or emergency rations
- Lightweight Sleeping mat
- Nightwear (pyjamas, track suit, etc)
- Spare clothes; dry-packed in bags
- Waterproof hiking boots (not wellies)
- Sleeping Bag (for temperatures to 0°C), pillow case, sleeping bag liner (useful for keeping inside sleeping bag clean)
- Towel (medium sized; bath towel would be too big; sports micro-fibre towel ideal)
- Personal toiletries and grooming kit (toothbrush/paste, hairbrush, facecloth, shampoo, etc.)
- Plastic bin bags (or waterproof stuff-sacs) for separating wet from dry gear
- Plastic mug/plate/bowl and cutlery

Optional:

- Camera
- Trekking poles
- Phone