

# Expedition Camp - Kit List

All Scouts will need to carry their personal equipment and should pack themselves. This list is only a guide.

If you have any questions about the kit list please contact Richard

- |  |   |
|--|---|
| <input type="checkbox"/> Complete uniform to travel in | <input type="checkbox"/> Indoor shoes (to wear inside village hall)   |
| <input type="checkbox"/> Mobile phone & charger        | <input type="checkbox"/> Book & snacks for the journey and spare time |

## **For overnight expedition (Scouts will need to carry all in their rucksacks)**

- |  |  |
|--|--|
| <input type="checkbox"/> Waterproof (coat and trousers)        | <input type="checkbox"/> Personal washing requirements   |
| <input type="checkbox"/> Warm sweaters, jumpers or sweatshirts | <input type="checkbox"/> Sleeping bag  |
| <input type="checkbox"/> T-shirts or similar                   | <input type="checkbox"/> Foam roll / Karrimat  |
| <input type="checkbox"/> Trousers or shorts                    | <input type="checkbox"/> Plate, bowl, mug and cutlery  |
| <input type="checkbox"/> Spare underclothes                    | <input type="checkbox"/> Polythene bags (for dirty/wet clothes)  |
| <input type="checkbox"/> Spare socks                           | <input type="checkbox"/> Torch and spare batteries   |
| <input type="checkbox"/> Nightwear                             | <input type="checkbox"/> Personal first aid kit & medication   |
| <input type="checkbox"/> Hike boots or strong shoes            | <input type="checkbox"/> Plastic drinks bottle   |
| <input type="checkbox"/> Small pillow (optional)               | <input type="checkbox"/> Insect repellent  |
| <input type="checkbox"/> Pocket money (£15 max.)               | <input type="checkbox"/> Pocket knife & other survival tools (e.g. flint and steel, tinder etc.) - <b>optional</b> |

The following kit are required for the expedition but will be provided.

- |   |   |
|---|---|
| <input type="checkbox"/> Maps and map cases | <input type="checkbox"/> Compass          |
| <input type="checkbox"/> Expedition tent    | <input type="checkbox"/> Trangia and fuel |
| <input type="checkbox"/> Survival bag       | <input type="checkbox"/> Survival blanket |
| <input type="checkbox"/> Food               |   |

## **For Water Activities and climbing:**

- |   |                                  |
|---|----------------------------------|
| <input type="checkbox"/> Complete change of clothes (e.g. spare T-shirt, shorts)                                  |                                  |
| <input type="checkbox"/> Towel  | <input type="checkbox"/> Daysack |
| <input type="checkbox"/> Appropriate footwear (e.g. water shoes/plimsolls). NO CROCS, sandals, flip-flops please. |                                  |

- **Please make sure you have an expedition rucksack big enough to carry all your kit but not too heavy!**
- **Rucksacks must not exceed a quarter of your body weight!**
- **All items should be clearly labelled with the young person's name.**