

Kit List

General

- Torch (and spare batteries)
 - Any medication* required - e.g. asthma inhaler, hayfever tablets, Epi Pen
- *Your teachers will need a form filled in from your parents if you need to take any medication; teachers will keep your medication for you.***
- Sleeping bag OR sheets/duvet, pillow and nightwear
 - Towel and toiletries
 - Underwear and suitable clothing for activities (detailed below)
 - Plastic bag for dirty or wet clothes
 - Hat and winter gloves
 - Something to tie your hair back if it's long

For Activities (all land based)

- Trousers: 1 pair per 2 days + 1 extra if staying more than 2 nights (jeans not recommended)
- T-shirts/base layers: 1 per 2 days + 1 extra if staying more than 2 nights (both long and short sleeves, not vest tops)
- Sweatshirts/hoodies/fleeces - 1 per 2 days + 1 extra if staying more than 2 nights
- Closed toe sturdy footwear, e.g. trainers or walking boots x 2 or more pairs (flip flops, sandals or Crocs are not suitable for outdoor activities. ***Wellies are not suitable for climbing activities***)
- Waterproof jacket and trousers x 1 (in case of rain – there are no water based activities)
- Extra fleece layer (it can get cold, especially if it rains)

PLEASE NOTE: Scouts supply all safety equipment.

Do

- Bring hat/woolly hats and gloves
- Wear old clothes - they may get wet, muddy or torn
- Wear synthetic fibres, e.g. fleece and thermals

Don't

- *Wear jeans or cotton where it can be avoided
- *Bring any items of value/electronics
- *Wear jewellery
- *Forget your waterproofs