

## Kit List – to be packed in your bag

### 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 and pillow
- Towel and toiletries
- Underwear: **4** x pants, **6** x pairs of socks
- Plastic bag for dirty or wet clothes**
- Hat and winter gloves
- Something to tie your hair back if it's long
- Pyjamas

### For Activities (all land based)

- Tracksuit bottoms / joggers / comfortable trousers: **3** pairs (NOT jeans)
- T Shirts (long or short sleeved): **3**
- Sweatshirts/hoodies/fleeces: **2**
- Closed toe sturdy footwear, e.g. trainers/ sturdy shoes: **2** pairs (one will get muddy)
- Waterproof jacket (in case of rain – there are no water based activities)

**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