

PERSONAL KIT LIST

Check your labels!

The biggest problem in the "outdoors" is keeping warm, particularly when damp or wet. Some types of material are good for this (polyester and other "synthetics") and others are poor (e.g. cotton). Therefore **jeans, cotton T-shirts/rugby shirts, cotton jogging bottoms and even cotton socks should not be used on activities**. Fleece or woollen clothes and synthetic football tops or sweatshirts are all commonly available alternatives that perform far better outdoors.

The following are guidelines only

- Holdall/Bag/Rucksack for kit (no cases please as they can damage tents)

Full Uniform - to be worn for traveling
Waterproof Jacket - with taped seams
light weight tops
A fleece top
Track suit bottoms, trousers, leggings
Wool/fleece hat
Torch with spare batteries
Waterproof Trousers - breathable with taped seams
Strong Boots/Shoes (sandals cannot be worn for chopping wood etc)
1 baseball hat*
Towel
Wash-kit
Sunglasses*

Sun cream (at least factor 20)*
Lipscreen*
Personal First Aid Kit
2 Heavy-duty bin liners (for wet/dirty clothes)
Underwear and socks
Sleeping bag/camp blanket
Pillow
Roll mat
Plate, Bowl and Mug (no china)
Knife, fork and spoon
Tea towel
Cake (no nuts please)

Sunburn: Exposure to the sun's rays is inevitable in the outdoors at any time of the year. You should protect yourself from the sun to help prevent damage to your health - see items marked with *.

PLEASE DO NOT BRING!

- **MOBILE PHONES**
- **AEROSOLS** can aggravate those with conditions such as asthma.

Personal medicines (including occasional remedies)- all to be named and instructions written on, put in a clear bag and handed to the leaders before we leave. If you wish to provide occasional medications e.g. paracetamol, antihistamine cream etc - please provide in a clear bag, also named with full instructions - this info must also be put on the health form.

All items should be clearly marked with the scout's name and are brought at your own risk. The Scout Association does not provide insurance for personal items, if you require this please arrange through your own insurance company.