

# 8th Letchworth Scouts - Camp 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, for your safety, jeans, cotton T-shirts, cotton jogging bottoms etc. must not be used at camp or on activities.** Fleece, synthetic football tops etc. are all cheap, commonly available alternatives that perform far better outdoors.

## Remember - Cotton Kills!

<input type="checkbox"/>	Rucksack or holdall	big enough to hold <b>all</b> of the equipment
<input type="checkbox"/>	Day Sack	min. 30 litres with waist/hip belt. Big enough to hold waterproofs, lunch, full change of clothing, hat, gloves, 1st aid kit, whistle, torch etc.
<input type="checkbox"/>	Full uniform	to be worn to and from camp
<input type="checkbox"/>	Waterproof jacket	breathable with taped seams
<input type="checkbox"/>	Waterproof trousers	breathable with taped seams. Check you can get them on whilst wearing your walking boots
<input type="checkbox"/>	Underwear & socks	
<input type="checkbox"/>	Light tops	football or casual, at least one with long sleeves for climbing - see note above re: cotton
<input type="checkbox"/>	Fleeces	
<input type="checkbox"/>	Trousers/track suit bottoms/leggings/shorts	see note above re: cotton
<input type="checkbox"/>	Trainers	for general use/climbing
<input type="checkbox"/>	Soft shoes/slippers	only needed if using indoor accommodation
<input type="checkbox"/>	Nightwear	
<input type="checkbox"/>	Baseball cap/sunhat	

## Hillwalking

<input type="checkbox"/>	Walking boots	must give ankle support
<input type="checkbox"/>	Thick walking socks	
<input type="checkbox"/>	Thin base layer socks	not needed if walking socks are double layered
<input type="checkbox"/>	Woolly/fleece hat & gloves	needed all year round

## Water Activities

<input type="checkbox"/>	Old trainers	water shoes/plimsolls are not strong enough for activities such as gorge walking/coasteering
<input type="checkbox"/>	Swimwear	
<input type="checkbox"/>	Shorts	to be worn over supplied wetsuit
<input type="checkbox"/>	Socks	
<input type="checkbox"/>	Long sleeve top or rash vest	see note at top re: cotton

## Other Kit

<input type="checkbox"/>	Sleeping Bag	in a compression sack
<input type="checkbox"/>	Roll mat	
<input type="checkbox"/>	Pillow	
<input type="checkbox"/>	2 Towels	
<input type="checkbox"/>	Wash kit	
<input type="checkbox"/>	Suncream	
<input type="checkbox"/>	Insect repellent	
<input type="checkbox"/>	Lunch box	
<input type="checkbox"/>	Water bottle	min 1 litre. Sturdy eg metal, Screw top, not sports top
<input type="checkbox"/>	Personal 1st Aid Kit	e.g. plasters, blister plasters, wipes, insect bite cream
<input type="checkbox"/>	Pen/pencil/notebook	
<input type="checkbox"/>	Emergency rations	to take hillwalking e.g. pack of jelly, Mars bar, kendal mint cake. Sealed in a plastic bag
<input type="checkbox"/>	Headtorch	with spare batteries
<input type="checkbox"/>	Tea towel	
<input type="checkbox"/>	Rucksack liner/rubble sack	for hillwalking
<input type="checkbox"/>	2 Rubble sacks	for wet water activity kit
<input type="checkbox"/>	Whistle	

## Optional Items

Camera	
Non-breakable thermos flask	
Wet suit	
Rock shoes	for climbing - if you don't have them trainers will be ok
Gaiters	

## Pocket Money

Maximum £20 in small denominations, in a wallet marked with the scouts name - to be handed in before you leave. You may keep small amount with you for the services

## Personal medicines

In a clear bag, named & labelled with **full** instructions for use & handed to leader before departure. You may wish to supply travel sickness pills etc as well. We may be travelling along windy roads every day.

## Do Not Bring!

Mobile phones	
Aerosols	they can aggravate those with asthma etc.
Electrical equipment	such as MP3s, iPods, electrical games
Knives/penknives/flints	they are not needed on this camp

**All items should be clearly marked with the scout's name and are brought at your own risk. Scouts should pack their own bags with adult supervision so they know what their own kit looks like!**

*The Scout Association does not provide insurance for personal items.*