



KIT ADVICE



Large Outdoor Rucksack

These are much more convenient to carry across a muddy field than a normal travel suitcase or holdall. All outdoor rucksacks are labelled with the volume it can hold, and we recommend getting *at the very minimum* a 60ltr one to be able to hold all the kit needed even for just a weekend trip. All kit should be packed inside, except for your sleeping mat which can be rolled up and attached to the rucksack with the external straps. Some rucksacks come with a pull-out waterproof cover. If yours does not have one, then remember to line your rucksack inside with a bin liner before packing your kit.

Full Scout Uniform

This includes Scout shirt, Scout trousers, Scout belt and yellow group neckerchief and is always worn when departing on, or returning from a trip.



Small rucksack/daypack

This can be a school rucksack and is for use on day hikes. A 20-30 ltr rucksack is plenty big enough for this purpose.

Walking Boots

Make sure they are waterproof, and are comfortable when worn with thick walking socks. We suggest you choose a pair with high ankles to avoid injury when hiking on uneven terrain. Don't spend too much as they will grow out of them quickly. **Be sure to 'break them in' before a trip to avoid painful blisters.**





Waterproof coat

For the winter months a thick coat, perhaps with in-built fleece, would be more suitable. For a Summer trip a thin, light, waterproof and windproof jacket would be better.



Thick Walking Socks

These can be bought in any outdoor store, and help to reduce blisters on a hike. Alternatively wear two pairs of regular socks.

Washkit

To keep weight down we suggest bringing travel size toothpaste/shower gel etc. You can get lightweight, quick-drying microfibre towels in any outdoor store which are ideal for camp.



Sleeping bag, pillow and sleeping mat

2 or 3 season sleeping bags are suitable for most Scout trips. We rarely, if ever, camp outside the Summer season, preferring trips where we can sleep indoors in the colder months.

Small inflatable camp pillows are available in any outdoor shop and are a big space saver over standard pillows.

Self-inflating sleeping mats give extra comfort when camping on rough terrain. Sleeping mats are important for keeping you off the cold ground.



Knife, fork, spoon, plate, bowl and mug

Bring these packed in their own carrier bag so they can then be stored in the dining shelter during camp. Choose a distinctive set as they tend to get mixed up during washing up. Outdoor stores sell collapsible sets which are a good space saver. Sporks are a bit of a novelty and not actually much use in practice!

A thick jumper or fleece

This is particularly important on cold evenings outdoors. Even in Summer it gets very cold especially when there are clear skies. Hoodies are a good choice.



Old clothes and shoes

Bring clothes which you are not worried about getting dirty or wet. A pair of trainers (in addition to your walking boots) is needed for walking around inside during trips where we are staying indoors. Jeans are not recommended because they take a very long time to dry.

Plastic bags for dirty/wet kit

These are important so that you can keep the rest of your kit clean and dry. Supermarket carrier bags are fine for this purpose.



Torch

Bring a spare set of batteries. Head torches keep your hands free to rummage at the bottom of your rucksack for that missing glove in the dark.

Spending money

This should be brought in a wallet. All food and drink on camp is provided, but there is often a tuck-shop on site, and we often visit a shop to stock up before starting a hike.



Drink bottles

It is easy to become dehydrated when hiking so if the trip includes a hike please pack at least 2 drinks bottles.