Personal equipment list for camp:

- Rucksack
- Uniform with neckerchief
  - Sleeping Bag (for temperatures to 0°C), pillow case, sleeping bag liner (useful for keeping inside sleeping bag clean)
- Sleeping mat
- Nightwear (pyjamas, track suit, etc)
- Waterproof raingear (windproof jacket and leggings)
  - Old clothes/tracksuit (that would not be missed if damaged) for general day-wear on camp
- Spare clothes (should pack 2 full changes); warm jumper/fleece; all dry-packed in bags
- Spare socks (in addition to above, 4 extra sets)
  - Runners or other light shoes for general day wear
- Waterproof hiking boots or strong shoes (must be worn if chopping wood)
- Towel (medium sized; bath towel would be too big; sports micro-fibre towel ideal)
- Personal toiletries and grooming kit (toothbrush/paste, hairbrush, facecloth, shampoo, etc.)
- Torch (with spare batteries)
- Plastic bin bags (or waterproof stuff-sacs) for separating wet from dry gear
- Day-to-day medications (inhalers, etc.) if required
- Small, reusable, water bottle
- Day bag (small rucksack/backpack preferably with rainproof cover)
- Plastic mug/plate/bowl and cutlery
- $\square$ Notepad and pen
- Insect repellent (and/or headnet)
- $\square$ Sunblock

## Optional:

 $\square$  $\square$ 

- Camera  $\square$ 
  - Swimming Costume
  - Bivvy bag (useful for sitting on while offsite)
  - Sewing kit

## Notes:

- Everything you are bringing should fit inside the rucksack as we will be getting on and off trains (with the • exception, if necessary, of your sleeping bag and mat).
- Travel to and from camp is in Full Uniform.
- Boots are needed for offsite hiking activities, if camp is wet, and if chopping wood. Wellingtons are only • suitable for wearing around the campsite if wet.
- Track suits or denim jeans are not suitable for hill or water activities
- Mark everything with your name
- Mobile phones usage is strictly subject to approval by leaders. The leadership team will not be responsible • for loss or damage of mobile phones so we suggest you do not bring them.
- Multi-media players etc may get damaged, lost, or stolen. We will not be able to recharge them. •
- Deodorant needs to be brought, but aerosols are not permitted.
- Absolutely no food is to be brought and kept in sleeping tents due to the real risks of vermin. Sweets etc. can be brought but they must be in a plastic bag with the child's name on. Leaders will keep this and allow access at designated snacking times. If your child has a dietary issue, please discuss with the Camp Chief.
- We suggest no more than £50 sterling in pocket money should suffice.
- If taking medications, a Managing Medications form must be completed.