

NIGHTS AWAY- PERSONAL KIT LIST



Leicester South West

Each Scout will need to bring their own personal equipment (the following list is a guide only). Scouts should be encouraged to pack their own kit.

CLOTHING

Got it	In the bag	Item needed	Description
		Full Scout Uniform	Scouts should always arrive and leave in uniform
		Waterproof coat (or warm coat and cagoule)	Depending on the time of year, you may want to bring a waterproof top and trousers - as we can't predict the weather!
		Hat and gloves	With so much body heat lost through the head in winter a woolly / fleece hat is essential. To help prevent heat stroke a peaked baseball style is best for summer
		Warm jumpers/hoodies or fleeces	Even in summer, it gets cold in the evening.
		Shirts/tee-shirts	Enough for duration of camp. A number of layers are warmer than one thick one and the warmth can be regulated more easily.
		Trousers	Enough for duration of camp. Jeans must not be brought as these get too wet. Shorts Enough for duration of camp
		Activity clothing (as required)	Bring appropriate clothing for the planned activities. If its going to be muddy or wet then bring old clothes including footwear and plenty of spares
		Underwear and socks	Enough for camp plus spares. Note there is nothing worse than cold, wet feet on a wet and muddy hike, so take plenty of pairs of socks
		Swimming costume	If any water activities planned
		Hiking boots	Good, strong walking boots are essential. Boots give a better ankle support and normally have better soles than shoes if you are hiking. If you don't wear a decent pair your feet will let you know!
		Nightwear	Even in summer it can get cold at night. It is important that day clothes are not worn at night

SLEEPING KIT

Got it	In the bag	Item needed	Description
		Sleeping Bag	Stuffsac based types are much more compact than sleepover types. If camping September to June then a 3 season, with a 2 season minimum for summer. Synthetic filled bags are easier to clean than natural filling. Zips can be a source of cold if no baffle is fitted

Got it	In the bag	Item needed	Description
		Pillow	Air pillows are good, as full size pillows take up a lot of space. You can always take an empty pillow case and fill it with clothes at night!
		Roll mat or airbed	Keeps you off the ground at night, and therefore warmer
		Blanket (if required)	Placed between a sleeping bag & sleeping mat this can help keep you warmer. Buy a “camp” blanket and use it to display badges & wear around the campfire

PERSONAL KIT

Got it	In the bag	Item needed	Description
		Eating kit (unbreakable plate, bowl, cup)	Make it durable, plastic or metal but not Mum’s best china
		Cutlery (knife, fork, spoon)	Home or camp sets but make sure they are distinctive to find in a pile of everybody else’s cutlery
		Tea Towel(s)	One or two depending on length of camp
		Drawstring bag	Simply keeps all your canteen stuff together
		Wash kit (flannel, soap, toothbrush, toothpaste)	Keep in a waterproof bag. Using soap and toothbrush containers is a good idea to keep everything separate.
		Towel(s)	Needed after heavy rain, falling in water, swimming or (just maybe) after having a wash!
		Brush/comb	If required
		Hankies/tissues	Small packs are idea
		Personal hygiene products	If required
		Medication	Must be included on camp information form and kept in medical chest
		Rucksack	Suggest 65 litre or larger. Much more practical than a suitcase, please make sure the Scout can carry it though. Don’t forget the thick plastic liner, in case of rain
		Plastic bags or sacks for dirty washing/boots	Please note that black bin bags, although very suitable, can look like a bag of rubbish if left unattended on a field; we would recommend coloured plastic bags
		Named refillable drinks bottle	Make sure it’s leak proof. Never take fizzy drinks. If it’s cold don’t carry on the outside of your bag
		Spare trainers	
		Coat hanger	For your uniform
		Book or quiet game	
		Sun cream	Important in summer and winter depending on the weather

Got it	In the bag	Item needed	Description
		Torch and spare batteries	Head torches are increasingly popular. Do not pack your torch with batteries fitted (or at the bottom of your kit) as it could easily get accidentally turned on and you will arrive at the camp/holiday with flat batteries
		Watch	A cheap one that can cope with getting wet is a good idea
		Personal First Aid Kit	Keep an eye on use by dates. You don't need to buy an expensive ready made kit - put your own together
		Camping Chair (optional)	A folding one in a bag makes camp fire fun a bit more comfortable!
		Camera/film (optional)	Do record your holiday if you have a camera. Expensive cameras are, however, not recommended.
		Pen/pencil and notepad	
		Pocket money	

NOTES

- The Scout Group cannot accept responsibility for loss or damage to any personal effects and the Scout Association does not provide automatic insurance for such items.
- If your child requires medication while on camp please hand it in to a leader in a named container giving full details of medication required and a letter signed by the parent giving permission for one of the Leaders to administer this medication.
- All equipment and clothing must be clearly marked with the owner's name; engraving or permanent ink are far better than nail varnish or stuck on labels.
- A certain amount of pocket money is recommended. Money may be handed to camp-leader for safety and will be given out as required. The Scout Group is otherwise not responsible for losses.
- Please do not include any electronic games, phones, radios or mp3 players.
- Knives must be handed in so that they can be locked away.
- Aerosols, matches, lighters and any other flammable liquid or gas must never be brought to camps; these are dangerous and not necessary.
- Kit should be packed in a holdall or rucksack. It is important that there are no loose items. Line the kit bag with a plastic bag.
- Due to the nature of camps and activities, it is advisable to wear old clothing and footwear as there is a good chance they will get very wet, dirty and/or damaged.
- Earrings, nose rings, and other decorative jewellery are not recommended on camps and activities.