

# ***Nights Away Kit List***

*All young people will need to bring their personal equipment and should be encouraged to pack themselves. This list is only a guide.*

Complete uniform incl. Necker	Scarf, hat and gloves
Warm sweaters, jumpers/fleeces	Sun hat, sun cream and sun glasses
T-shirts or similar	Sleeping bag
Activity Trousers or shorts	Tea towel
Spare underclothes	Torch and spare batteries
Spare socks	Day sack and plastic drinks bottle
Nightwear	Polythene bags (for dirty clothes)
Hike boots or strong shoes	Teddy!
Waterproof (coat and trousers)	Trainers
Swimwear and towel	Personal drinks mug
Unit hoodies/polo (if you have them)	Walking pole (if you have one)
Personal washing requirements and towel	
Personal first aid kit	

DS/iPods/PSP etc, all taken at own risk.

This should all be packed in a kit bag or rucksack.  
No Suitcases!