

KIT LIST

All young people will need to bring their personal equipment and should be encouraged to pack themselves. This list is a guide however please note extra mandatory items starred.

- | | |
|--|---|
| <input type="checkbox"/> Complete uniform | <input type="checkbox"/> Scarf, hat and gloves |
| <input type="checkbox"/> Warm sweaters, jumpers or sweatshirts | <input type="checkbox"/> Sun hat, sun cream and sun glasses |
| <input type="checkbox"/> T-shirts or similar | <input type="checkbox"/> Sleeping bag |
| <input type="checkbox"/> Trousers or shorts | <input type="checkbox"/> Foam roll mat/self-inflating mat |
| <input type="checkbox"/> Spare underclothes (one pair per day) | <input type="checkbox"/> Plate, bowl, mug and cutlery |
| <input type="checkbox"/> Spare socks (one pair per day) | <input type="checkbox"/> Tea towel |
| <input type="checkbox"/> Nightwear | <input type="checkbox"/> Torch and spare batteries |
| <input type="checkbox"/> Sturdy hiking boots | <input type="checkbox"/> Personal first aid kit |
| <input type="checkbox"/> Waterproof (coat and trousers) | <input type="checkbox"/> Day sack and plastic drinks bottle |
| <input type="checkbox"/> *Swimwear, synthetic t-shirt and towel | <input type="checkbox"/> Polythene bags (for wet/dirty clothes) |
| <input type="checkbox"/> Hankies | <input type="checkbox"/> Trainers |
| <input type="checkbox"/> Personal washing requirements and towel | <input type="checkbox"/> *Old shoes that can get wet |

- If you have one available please bring a knife to use with survival activities (*)
- It is best to pack a rucksack or sports bag that you can carry on your back.
- All items should be clearly labelled with the young person's name.
- Buoyancy aids, helmets and other relevant safety equipment will be provided where necessary. Wetsuits will also be provided for water activities but you may bring your own if you wish.