

### Scout Kit List – Essential

You **must** bring **everything** on this list (anyone who does not will not be allowed to participate):

Rucksack – this should be 45-60 litres. It should have a waist belt and should fit you properly.

Personal medication (if appropriate) – **this is very important**

Walking trousers – **not** jeans

Tops to wear while walking – ideally several fairly thin layers that you can wear in combination and preferably **not** cotton (synthetic fabrics are more comfortable as they help to wick moisture away from your skin and they dry faster, meaning that you get much less sweaty).

Warm jacket or top – e.g. a windproof fleece, or a warm anorak (you will need this to put on when we stop for breaks or at lunch time and in the evening)

Spare warm jumper or top

Waterproof jacket or anorak – this should be big enough so that you can wear it over all your other clothes if it's cold

Waterproof trousers

Warm hat

Warm gloves

Scarf or neck warmer

2 pairs walking socks – one to wear and one spare (**not** cotton as these will give you blisters; wool or wool-blend socks are best).

Boots to walk in – these should have a good tread and preferably some ankle support (and should be the right size! If possible, they should not be brand new, but boots that you have worn before)

Sleeping bag – ideally, this should be 3 season minimum

Sleeping bag liner – these are made of silk (expensive) or synthetic fabrics (much cheaper), and are great for increasing the warmth of your sleeping bag (and are very light to carry too)

Closed-cell foam mattress or carry mat – you will need this to have something comfortable to lie on. It also insulates you from the cold ground. If you have a light self-inflating mattress (e.g. a Thermarest), you can bring this too, but it is not essential)

Spare pair of underwear

Torch with spare batteries – a head torch is best

Toothbrush and toothpaste – you can bring additional toiletries if you wish (but remember that you will have to carry them).

Plastic reusable water bottle – 1 litre wide-necked water bottles made by Nalgene are good but cheaper ones are also fine

Camping bowl, mug and cutlery – plastic is best as it's lighter and more insulating. A shallow bowl is better than a plate as you can use it for all your meals. A 'spork' (a combined fork, spoon and knife) is a good option as it means you only have to bring one item of cutlery

A short length of string – very useful if your lace or one of your rucksack straps breaks!

Survival bag or emergency bivouac bag – foil ones are best as they are very light and pack down very small.

All of the above **must** be packed in waterproof bags (strong black binliners work well) inside your rucksack (your carry mat can be attached to the outside). Rucksacks are **not** waterproof and you will be miserable if all your kit is wet when we arrive at camp.

### Optional

If you like, you can also bring the following:

Camera – this should be in a waterproof case

Compass – if you have one, please bring it



Walking gaiters – these are not essential but are useful for stopping your trousers from becoming very muddy or wet

Chocolate or sweets – but please keep these to a minimum (remember you will have to carry them!)

Penknife – this should be a folded Swiss Army type or similar – **hunting knives etc are not allowed**

Small amount of change

Please do **not** bring the following (if you do, a leader will take it for safe-keeping at the start of the expedition, and it will be returned to you at the end):

MP3 player or similar

Computer games

Mobile Phone

Finally, part of the expedition challenge is about showing that you can be responsible for managing yourself and your own equipment. It is very important that all your kit fits into your rucksack (with nothing other than your carrymat being strapped to the outside) and that you can pack it all away by yourself. We will practise this at Scouts, but you should have a go at home with your own gear.