

General gear for weekend Hikes

Backpack Minimum 65 litre capacity recommended

- Waterproof liner (large garbage bag)

Sleeping Gear

- Sleeping bag (packs small) - suitable for cold (0 to 10 degrees- 3 seasons)
- Inner sheet
- Sleeping mat - Thermarest or foam mat - no air beds
- Sleep clothes - spare set of clothes (light shorts, T-shirt)

Shelter

- Tent, fly, poles, pegs (shared by Patrol - provided by Troop)

Cooking

- Billy, spondonacles (1 per patrol - provided by Troop)
- Mess kit (plastic mug, large bowl, knife, fork, spoon)
- 2 litre water bottle
- Plastic scourer, small amount of detergent (1 per patrol)

Clothing - layers

- Hat (for sun), beanie, gloves
- Shirt (with collar, long sleeved if cold) (1) - wearing
- Shorts (1) - wearing
- Long pants for extremely cold weather - very light nylon track pants, thermal tights or leggings (not jeans, cotton or fleece track pants) (1)
- Undies & socks (wool/explorer) for each day (thermal sock liners - optional)
- Thermal top - compulsory**
- Sturdy shoes or boots (wearing)
- Jumper (polar fleece or wool)
- Rain jacket (best with hood)- compulsory**
- Rain pants - optional

First Aid Kit (very small) - 1 per Patrol

- Roll of 2cm adhesive bandage Band-aids
- Crepe bandage 75mm width Triangular bandage
- Bite pain relief (Stingos)

Hygiene (in a sealed plastic bag)

- Toothbrush, travel toothpaste Lip balm (essential)
- Small pack of wet wipes $\frac{1}{2}$ toilet roll
- Insect repellent (roll-on) Toilet trowel (at least 1 per patrol)
- Paracetamol/medications for personal use

General stuff

- Small torch or head torch with new batteries (or take spares)
- Pocket Knife (with parental approval)
- Small notebook and pencil
- 2 supermarket bags -1 for rubbish, 1 for wet/dirty clothes

Luxuries

- Pack of cards, disposable camera