

Uniform (to be worn while traveling)

Inside Rucksack

Small Bag

<u>Largest items</u>	
Sleeping bag	<input type="checkbox"/>
Sleeping Mat	<input type="checkbox"/>
<u>Clothing</u>	
4 to 5 pairs of Shorts	<input type="checkbox"/>
8 t-shirts / polo shirts	<input type="checkbox"/>
4 to 5 pants	<input type="checkbox"/>
4 to 5 Sweaters / tops	<input type="checkbox"/>
10 to 12 pairs of underwear	<input type="checkbox"/>
10 to 12 pairs of Socks	<input type="checkbox"/>
<u>Footwear (Bottom of bag)</u>	
2 to 3 pairs of shoes (besides Boots)	<input type="checkbox"/>
<i>Hiking shoes boots</i>	<input type="checkbox"/>
<u>Wash kit (maybe put these in plastic bag)</u>	
Shampoo	<input type="checkbox"/>
Shower gel	<input type="checkbox"/>
Tooth brush	<input type="checkbox"/>
Tooth paste	<input type="checkbox"/>
Suncream (factor 20 +)	<input type="checkbox"/>
<u>2 towels</u>	
Swimming Shorts	<input type="checkbox"/>
Swimming Hat	<input type="checkbox"/>
Old runners for Swimming canoeing	<input type="checkbox"/>

<u>Essential Scouting Equipment</u>	
Rain proof Jacket	<input type="checkbox"/>
Warm Jacket (Fleece type)	<input type="checkbox"/>
Hat and spare neckerchief	<input type="checkbox"/>
Camp Polo shirt	<input type="checkbox"/>
<u>Must have</u>	
Medication	<input type="checkbox"/>
<u>Extras</u>	
Camera (if needed)	<input type="checkbox"/>
Tea Towel	<input type="checkbox"/>
Camping Plate, Bowl and Cutlery	<input type="checkbox"/>

Important notes

- 1 Bring all on list.
- 2 No Sharp objects / wash items in small bag
- 3 No food items
- 4 Treking shoes or mountain boots are essential
- 5 Pack well but do not over pack.
- 6 Rain gear is a must (included in list above)
- 7 Camera's, MP3 players, phones etc. brought at own risk

- * All medication should be on Consent forms
- * Consult leaders if your son uses medication on a regular basis.

Packing Tips

- Lay out all objects out before packing
- Tick off list and highlight what you don't have
- Always pack the night before
- Put all last minutes items in one pile