

## Kit List for Hellens Working weekend and Backwoods camp

<b>Items for the camp</b>	<b>Notes</b>
Sleeping Bag	<i>In it's case and also covered in a black bin bag to make sure it stays dry, if you have a liner bring that too.</i>
Sleeping mat	<i>Mats only no air or camp beds</i>
Some clothes to sleep in	<i>Something warm and dry to include a woolly hat i.e. tracksuit/ tee shirt</i>
Wash kit / toothbrush / toothpaste	
Black bin bag	<i>Or something similar to keep your bedding stuff together</i>
Neckers	<i>So you can be identified as scouts.</i>
Rucksack / Day sack	<i>Must be big enough to hold everything listed.</i>
Sturdy footwear	<i>You will be in it all day, could involve a lot of walking about.</i>
Spare clothes	<i>We know you like to get dirty</i>
Drinks container i.e. 500ml plastic bottle	<i>, Fill it with a drink before you come, we can refill it.</i>
Sun block / cream	<i>We hope it won't be as wet as last year but let's cover all potential weathers.</i>
Waterproofs, Sun hat / baseball cap etc	<i>Something flimsy that will pack in the rucksack if not needed but will keep a scout dry in rain</i>
Sweater	<i>Something warm, fleece is best, something easy to pack in the rucksack or tie around your waist</i>
High energy snack	<i>Mars bars, Cereal bars etc.</i>
Torch + spare batteries	<i>Unless your parents have fed you carrots for the last 10 years. LED torches are best for battery life. Nothing too big please.</i>
Penknife	<i>Only if your parents agree and if it is legal, i.e. under 3" (7.5cm) in blade length and the blade doesn't lock open. Mis-use will get it confiscated.</i>
<b><u>Items the leaders will provide</u></b>	<b><u>Notes</u></b>
Bivouacs / shelters	<i>Good old tarpaulins, some rope and bungees.</i>
Maps	<i>An A4 copy of the relevant part of an OS map will be given to each scout so they can chart our progress</i>
Mobile phones for emergencies	
Food	<i>We will provide you lunches, warm supper and breakfast</i>
First Aid kits	
Everything else.	