

## Kit List for Hellens Backwoods camp

Items for the camp	Notes
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>
Spare clothes/ 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>Walking boots or sturdy trainers</i>
Water / Drinks bottle	<i>For drinks</i>
Waterproofs, Woolly hat, It's may be cold at night.	<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>
Lunch (Saturday)	<i>And some snacks to keep you going all weekend</i>
Something to eat your breakfast in and some cutlery	<i>Mess tins or metal plate, bowl and cutlery plus a mug/cup</i>
Torch + spare batteries	<i>Make sure it works before you need it.</i>
<b><u>Items the leaders will provide</u></b>	
Bivouacs / shelters	
Food	
Mobile phones for emergencies	
First Aid kits	
Everything else.	

Don't forget to eat breakfast before you come and remember your lunch / drinks.

Your consent form if you haven't already handed it in.

**Do NOT bring penknives they will be confiscated.**