

- Rucksack
- Sleeping Bag
- Foam Sleeping Mat
- Raincoat with Hood
- Waterproof over trousers
- Spare Trousers (no jeans, tracksuit can double up as p.j.'s) x 2
- Warm sweater/Fleece x 2
- T-Shirts
- Underwear
- Woolly Hat
- Gloves
- Scarf
- Trainers + spare old pair for water sports
- Scout Shirt
- Mess Kit – Plate Bowl Cutlery, Mug and T-Towel
- Water Bottle (1/2 Litre at least)
- Torch and Batteries
- Personal First Aid Kit
- Logbook & Pencil case
- Wash kit (soap, toothpaste & Brush, comb, deodorant, small towel)
- Bivvi Bag
- Swimsuit & Towel