

Nights Away Kit List

All young people will need to bring their personal equipment and **should be encouraged to pack themselves**. This list is only a guide.

Tick it off as you pack it. It's a good idea to put this list in your kit bag when you come.

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| <input type="checkbox"/> Complete uniform | <input type="checkbox"/> Sun hat, sun cream and sun glasses |
| <input type="checkbox"/> Warm sweaters, jumpers or sweatshirts | <input type="checkbox"/> Sleeping bag |
| <input type="checkbox"/> T-shirts or similar | <input type="checkbox"/> Foam roll / karrimat |
| <input type="checkbox"/> Trousers or shorts | <input type="checkbox"/> Plate, bowl, mug and cutlery |
| <input type="checkbox"/> Spare underclothes (one pair per day) | <input type="checkbox"/> Tea towel |
| <input type="checkbox"/> Spare socks (one pair per day) | <input type="checkbox"/> Torch and spare batteries |
| <input type="checkbox"/> Nightwear | <input type="checkbox"/> Personal first aid kit |
| <input type="checkbox"/> Wellingtons / Waterproof Boots | <input type="checkbox"/> Day sack and plastic drinks bottle |
| <input type="checkbox"/> Waterproof (coat and trousers) | <input type="checkbox"/> Polythene bags (for dirty clothes) |
| <input type="checkbox"/> Hankies | <input type="checkbox"/> Teddy! |
| <input type="checkbox"/> Personal washing requirements and 2 x towel | <input type="checkbox"/> A cake to share |
| <input type="checkbox"/> Swimwear and towel | <input type="checkbox"/> No electronic (Mobile Phones) or high value items |

- It is best to pack a rucksack or sports bag that you can carry on your back. Suitcases are not suitable for tents.
- All items should be clearly labelled with the young person's name.
- Personal Medicines should be labelled with the members name and daily dose instructions and handed in to the designated leader at the start of the camp. (self medicaters are to provide similar detail including the name of all medicines)
- Pocket money should be kept in a name labelled purse and handed in to the designated leader at the start of the camp
- No food (including sweets, cakes etc) is permitted in sleeping tents this should be handed in and can be accessed on request.

Remember take what you think you will need