

## 61<sup>st</sup> Watford South Scouts Group

### Hiking Kit List

- 65L rucksack to hold all kit (no suit cases)
  - Plastic bags for wet/dirty clothes only
- Sleeping Bag (2 season upwards is recommended)
- Foam Sleep Mat (pillow is optional)
- Night Clothes (pyjamas etc.)
- Wash Bag with toothbrush, toothpaste and bar of soap
- Towel flannel
- Knife, fork and spoon
- Camping plate, bowl and cup
- Drink bottle (capable of carrying up to 1 litre of water)
- Head torch with spare batteries
- Sun cream and hat (if appropriate)
- One set of clothes for hike:
  - T-shirt, jumper/top and activity trousers (jogger bottoms maybe worn)
  - Hiking Socks (thin sock liner and walking sock on the outside)
  - Thermals/base layers if the weather is cold
  - Waterproof jacket
  - Walking gaiters (optional)
- One set of clothes for base camp:
  - T-shirt, jumper/top and trousers (jogger bottoms maybe worn)
  - Socks
  - Extra Sweater (can be cold in evening)
- Walking Boots (ideally with ankle support)

### Prohibited items:

- Jeans
- Aerosols
- Fuel filled fire lighter

### Not required:

- PEN knives (Survival Box is optional)