

# A guide to the kit you should bring to camp...



**Top-half Uniform**



**Rucksack**



**Sleeping bag**



**Roll mat or self-inflating mattress**



**Waterproof boots**



**Old trainers**



**Warm jumpers and/or fleeces**



**T-shirts**



**Trousers and/or shorts (not Jeans)**



**Underwear**



**Thick Socks**



**Waterproof Jacket**



**Waterproof Trousers**



**Wellies**



**Hat & Gloves**



**Swimming Shorts/Trunks**



**Wash Kit & Bath Towel**



**Plate/Bowl/Cup/Cutlery**



**Tea Towel**



**Torch/Head Torch with spare batteries**



**Personal First Aid Kit (optional)**



**Tissues**



**Carrier Bags (to separate dirty kit)**



**Cuddly Friend or book (optional)**

**“ There’s no such thing as bad weather, just inappropriate clothing! ”**

# Equipment Notes

## Sleeping Bags

Synthetic filled bags are easier to clean than natural filling. Zips can be a source of cold if no baffle is fitted. Aim to purchase a minimum 2 or 3 season sleeping bag. Ask the sales assistant in the store for advice.

## Footwear

Boots give a better ankle support and normally have better soles than shoes if you are hiking. Purchase waterproof (rather than water resistant) as they will reduce the risk of cold and sore feet.

## Warm Wear

A number of layers is warmer than one thick one and the warmth can be regulated more easily - do not forget your hands and head.

## Trousers

Jeans are not suitable as they absorb water and take a long time to dry.

## Torch

Do not pack your torch with batteries fitted (or at the bottom of your kit) as it could easily get accidentally turned on and you will arrive at the camp with flat batteries.

