



1st LIPHOOK SCOUTS

CAMP KIT LIST (BACKSWOOD CONDITIONS)

ITEM	PACKED
Rucsac	
Sleeping bag (ideally three or four season)	
Roll-mat	
Bivi bag (if possible take two)	
Old blanket	
Old gloves	
Hat (wool if possible)	
Track suit (one for sleeping plus one for activities)	
Warm sweater/sweatshirt	
T-shirts (two to three)	
Full waterproofs (jacket and over trousers)	
Old warm activity clothes	
Survival rations (high sugar foods for maximum energy)	
Socks	
Wash kit	
Towel	
Tea towel	
Boots or strong shoes	
Old training shoes	
Plate, bowl, mug, knife, fork, spoon (all metal recommended)	
Water bottle (minimum 1litre)	
Torch with spare batteries and bulb (essential)	
Poncho or large polythene sheet (two metres square minimum)	
Assorted plastic bags for kit and wet clothes	
Personal first aid kit (essential)	
String	
Matches (kept in a small tin or plastic container. No lighters please)	
Pen knife (short blade only)	