

PERSONAL GEAR LIST – Don't bring it unless you really need it!

Scouts are to pack their own bags so they know what is in them. Pack is not to be more than 20% of body weight. For example if you weigh 50kg your pack and its contents should be 10kg.

Depending on the weather – wear shorts or tracksuit pants and t-shirt/long sleeve top and jumper on first day of hike.

Very Important to pack all gear inside a sturdy rubbish bag – this will form your pack liner – packs are not waterproof – if it rains your stuff will get wet if not inside a rubbish bag. Your sleeping bag should be in a separate rubbish bag.

You can pack your food in a separate grocery bag so it doesn't get lost in the pack.

- ☺ PIR form filled out and given to me on wed night
- ☺ lightweight waterproof jacket with hood and waterproof pants or waterproof poncho
- ☺ 2 * Water bottle full of water (1 litre of water per day)
- ☺ 1 jumper – lightweight and warm eg. Polar plus
- ☺ Thermal underwear if you have them – or skivvy/long sleeve top
- ☺ 1 t shirt
- ☺ 1 long sleeve top ie. Skivvy or thermal top
- ☺ 1 track pants – lightweight if possible
- ☺ 1 shorts (denim is heavy bring light cotton ones)
- ☺ p.j's – or you can wear your thermal underwear or shorts/tshirt
- ☺ 1 – underwear
- ☺ Sunhat and beanie
- ☺ Whistle (for safety – if you get lost)
- ☺ 1 thick pair of socks – wool or cotton
- ☺ 1 pairs shoes – preferably sturdy walking boots if not then runners – Do not wear new shoes – you will get blisters
- ☺ foam mattress or thermarest – small and wrapped in plastic if outside of pack
- ☺ good sleeping bag – wrapped in separate plastic bag
- ☺ small torch – head torches are preferred – use fresh batteries
- ☺ toiletries (comb, toothbrush, deodorant, very small lightweight towel or face washer - optional)
- ☺ small amount of toilet paper
- ☺ shopping bag (for rubbish)
- ☺ plate, bowl, fork, knife, spoon, cup – lightweight (ie. No ceramic stuff)
- ☺ Camera (optional)
- ☺ Scout scarf and woggle
- ☺ Any personal medication – clearly labeled – please advise scout leader

As a patrol we will bring the following items to share

(make sure these are shared amongst the group)

Sunscreen

Insect repellent

Matches

Tents 2 person tents shared between 2 people (1 person poles, pegs and fly 1 person tent)

Cooking equipment and Billy – shared between 3 people

Small trowel

First Aid Kit – see separate list on what should be in this kit

Toothpaste

You can hire a pack from the scout hall if you don't have one (\$5).