

ST ALBANS SCOUT TEAM - TICKABLE PERSONAL KIT LIST

Use together with the following lists, to get specs, guidance etc:

Scout Kit for kit check
 Scout Kit list notes
 Notes from Kit Check

FROM KIT CHECK LIST:

(Must carry on Saturday)

PACK	TICK
Rucksack	
Waterproof liner	
Waterproof/ windproof jacket	
Gloves	
Warm headwear	
Waterproof overtrousers	
Sleeping bag	
Karrimat or self-inflating mat	
Torch	
Spare batteries	
Whistle	
Spare boot laces	
Water bottles (min 2 litres, filled)	
Emergency rations	
50 p piece (in with Em. Rations)	
Personal first aid kit (personal medications, if required)	
Pencil/pen	
Food for Saturday lunch	
Eating/drinking implements	
Watch (if available)	

WEAR (Saturday morning)	TICK
Walking boots	
Long sleeve wicking base layer	
Long sleeve jumper or jacket (at least one)	
Walking trousers	
Walking socks	

WEAR (Friday evening)	TICK
Walking boots	
Uniform	

FROM EXTRA PERSONAL KIT:

(Carry Saturday)

Small wash kit: toothpaste, brush, small soap.	
Small towel	
Small Pack of ten tissues	
Spare trousers	
Spare Warm top	
Spare warm top	
Spare hike socks	
Spare base layer, if possible	

CARRY IN DAYPACK/HOLDALL WITH YOU ON COACH, FRIDAY

Carrier bag for boots for Sunday Coach journey	
Trainers (for Sunday)	
Food / drink for Friday journey	
And the following, from kit check list:	
Water bottles with water/drink	
Torch	
Cagoule	