

## Outdoor Nights Away Kit List

<b><i>Complete uniform to be worn whilst travelling to, from and whilst off site and a metal coat hanger</i></b>		<b><i>Torch and spare batteries</i></b>	
<b><i>Warm sweaters or sweatshirts</i></b>		<b><i>Personal first aid kit</i></b>	
<b><i>T-shirts or similar</i></b>		<b><i>Day sac and Plastic drinks bottle</i></b>	
<b><i>Trousers or shorts</i></b>		<b><i>Polythene bags (for dirty clothes)</i></b>	
<b><i>Spare underclothes (one pair per day and spares)</i></b>		<b><i>Coat</i></b>	
<b><i>Spare socks (one pair per day and spares)</i></b>		<b><i>Scarf, hat and gloves</i></b>	
<b><i>Nightwear</i></b>		<b><i>Talcum powder for feet</i></b>	
<b><i>Hiking boots or strong shoes, trainers &amp; indoor footwear</i></b>		<b><i>Teddy !!</i></b>	
<b><i>Waterproof Clothing (coat and trousers)</i></b>		<b><i>Pocket money (Ask Leader for Suggested Ammount)</i></b>	
<b><i>Swimwear &amp; Towel</i></b>		<b><i>Tea towel</i></b>	
<b><i>Hankies</i></b>		<b><i>Medicines (To be handed to leaders)</i></b>	
<b><i>Personal washing requirements and towel</i></b>		<b><i>Footwear for water activities</i></b>	
<b><i>Sleeping bag / Pillow / Roll Mat</i></b>		<b><i>Sun hat, Sun cream &amp; Sun glasses</i></b>	
<b><i>Plate, bowl, mug and cutlery (CLEARLY MARKED)</i></b>		<b><i>No phones or technology please!</i></b>	

Don't panic if you haven't got all who will be able to give sensible advice or alternatives.

Those with a uniform should wear it to and from the camp.

To increase the chance of personal property coming home, please label all items with either indelible ink and/or engraving as appropriate. (Nail varnish does the trick)

No aerosol deodorants, they are often flammable & can affect those with asthma.

Nights Away Information forms will be issued prior to each event with any specific items to take (or not to take). The list above is for general guidance.