“Suggested” weekend camp kit list



**Sleeping Equipment**

* Sleeping bag
* Roll mat or thermarest
* Nightwear
* Extra hoodie/ warm hat

**Personal Care**

* Toothbrush and Toothpaste
* Soap/shower gel/ Shampoo
* Towel
* Anything else you would normally include in your wash kit

**Clothing**

* Full uniform
* Underwear
* Long trousers (preferably not denim jeans)
* Shorts
* T-shirts
* Trainers
* Gloves
* Warm socks
* Jumper/hoody
* Windproof jacket
* Waterproof jacket and trousers
* Waterproof walking boots or wellington boots
* Swimwear
* Sun cap

**Other Items**

* Water bottle
* Torch (with extra batteries)
* Medicine, clearly labelled with name and dosage (if required)
* Glasses, hearing aid etc. if required
* Sun lotion
* Day sac