



# Camp Packing list



## Sleep gear

- Sleeping Bag (*make sure it is a warm one!*)
- Inner Sheet (*Optional, silk is best*)
- Pillow
- Sleeping Mat (No Stretchers)

## Clothing

### (sufficient for camp duration)

- Shirts with a collar
- Trousers
- Shorts
- Socks
- Underwear
- Warm jacket or jumper (fleece is best)
- Rain Coat
- Bathers (optional)
- Hat – Wide Brim or bucket type.
- Warm beanie
- Spare stout shoes or boots
- Water Shoes or old runners

## Dilly Bag (Breathable)

- Plate, bowl & cup
- Knife, Fork & Spoon
- Tea Towel
- Water bottle

## Miscellaneous

- Day Pack
- Head torch with fresh batteries
- Plastic bags for rubbish and wet clothes

## Toiletries

- Toothbrush
- Toothpaste
- Hand sanitiser
- Soap
- Towel
- Deodorant
- Sunscreen
- Insect Repellent (*roll-on or pump only*)

## Medicine

- Medications: *if medications are required, please inform and leave with the organising Leader, with instructions. (all information is confidential).*
- First Aid Kit (*small personal kit*)