

## AJ 2025 Unit C004

### Equipment List – Shakedown Camp

All your gear should fit in one bag that **you** (the scout) can carry as is.

#### ***Personal Equipment***

- Scout Uniform (to be worn to & from the activity)
- Backpack/Sports bag
- Sleeping bag
- Sleeping mat and pillow
- 2 x Change of clothes (one for activities and art and craft - could get messy)
- Warm clothes (layers of clothes are best)
- Beanie
- 2 sets spare underwear
- Swimmers & rash vest (swimming T-shirt will do)
- 2 pair spare socks
- 2 pair of shoes – one suitable for hiking, one for around camp
- Widebrim Hat (must be worn when in the sun or in the canoes)
- Raincoat (waterproof)
- Lightweight torch (head torch preferred) & spare batteries
- In a bag - Cake of soap, toothbrush, toothpaste, comb, roll-on deoderant
  
- 2 x Towels
- In a dilly bag - Plate, bowl, cup  
Knife, fork and spoon  
Tea towel
  
- Sun block
- medication (to be given to Ray upon arrival)
- Pen and paper
- First aid kit
- Camera – optional
- Day pack with water bottle
- Those travelling from South may need snacks for the bus trip

#### ***Banned Items***

- Aerosol cans/tins are not permitted on any Scout Camp
- Cigarette lighter or lighter fluid