

Nights Away Kit List

All young people will need to bring their personal equipment and should be encouraged to pack themselves. This list is only a guide.

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| ☐ Full uniform for arriving and leaving | ☐ Scarf, hat and gloves |
| ☐ Warm sweaters or sweatshirts/fleeces | ☐ Sun hat / sun cream |
| ☐ T-shirts or similar | ☐ Sleeping bag and blanket |
| ☐ Trousers/joggers or shorts | ☐ Foam roll / karrimat / pillow or travel pillow |
| ☐ Spare underclothes (one pair per day) | ☐ Plate, bowl, mug and cutlery |
| ☐ Spare socks (at least one pair per day) | ☐ Tea towel |
| ☐ Nightwear | ☐ Torch and spare batteries |
| ☐ Wellies + hiking boots or strong shoes | ☐ Personal first aid kit |
| ☐ Waterproofs (coat and trousers) | ☐ Small day rucksack & water bottle |
| ☐ +/- Midgie Head net & repellent | ☐ Polythene bags (for dirty/wet clothes) |
| ☐ Personal washbag items & towel | ☐ Book to read for some quiet time |
| ☐ Sunglasses and/ or eye protection for activities | ☐ Camping chair |

- Please **DO NOT** bring sweets. There will be plenty food provided including goodies and they make a horrible sticky mess in the tent!
- It is best to pack a rucksack or sports bag that you can carry on your back. Suitcases are not suitable for tents.
- **All** items should be **clearly labelled** with the young person's name. We do not want lots of lost items after camp.
- All medication must be labelled and given to a leader.
- Please **DO NOT** bring **ANY** electrical equipment or games or phones to camp. We cannot ensure their safety and there will be no time to play on them anyway!
- **A wee tip** – please get your young person to pack their own bag then they are more likely to know where everything is.