



RECOMMENDED PERSONAL EQUIPMENT KIT LIST

COUNTY RALLY WEEKEND CAMP

Items **HIGHLIGHTED** are essential, the rest are additionally recommended.

ITEM	Additional comments:-
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PROTECTION ZONE

WATER/WINDPROOF JACKET	Preferably with hood. Ensure that you put it on (and zipped up!) before the rest of clothing gets wet.
Water/Windproof Over Trousers	This completes the outer (shell) protection.
WALKING BOOTS	To provide ankle support over rough country and on bases. Fabric boots should be spray proofed. Must have identifying label inside.
Gaiters	Not currently trendy, but useful for keeping water, mud and other rubbish from out of boots and the bottom of trouser dry. Very useful !!
HAT / SUNHAT & GLOVES.	50% of core body heat is lost through the head and heat stroke can also be caused by over exposure to the head.

INSULATION ZONE

Insulated Jacket	Sometimes combined with a waterproof shell. But most ARE NOT waterproof and a separate waterproof jacket must be taken.
Thick Warm Pullover	Or similar (e.g. fleece top).
Warm Shirt or Sweatshirt	Preferably not cotton. This provides a further layer of insulation.
Trousers	NOT JEANS. Trousers should preferably of a wool mixture or one of the modern hi-tec insulating fabrics (e.g. pile, fleece, etc).

COMFORT ZONE

WALKING SOCKS	One or two pairs of thick comfortable socks. Loop pile is recommended. (If they get wet, take them off, wring out all surplus moisture, put them back on again!)
Thermal Vest	Polo neck best to protect throat. Polyester/viscose to wick away sweat.
Thermal Long Pants	Polyester/viscose to wick away sweat (Mums (or Dads!) tights or leggings are a good substitute - seriously!).



ADDITIONAL ESSENTIAL EQUIPMENT

RUCKSACK	No rucksack is waterproof – line it with a plastic bin liner.
TORCH, spare batteries & spare bulb	Or better still, 2 torches
SLEEPING BAG	In waterproof polybag and labelled with owners name.
CHANGE OF CLOTHES	T-Shirt, Trousers, shirt, socks with name tags etc Note: please include clothes they can get wet in as there is canoeing and other water based activities as well as rain to put up with. Include a few black bin liners to return the scout home it as well. (Don't worry we make sure their head sticks out the top of the bag.)
PERSONAL GEAR	ie: Wash kit, towel, tooth brush and paste, personal items, clothing, with name tags etc, Please note, soap is for decorative purposes only and is usually returned unused, so will last a scout a lifetime. Towels are for cleaning boots and tent floors as a rule.
PERSONAL BOWL,PLATE,CUP AND CUTLERY & KITCHEN TOWEL	Please have some form of ownership identification painted or permanent marking
HIGH FACTOR SUN CREAM Bug repellent (Midgies are a pain in the neck)	This is usually forgotten by scouts, but it is an essential item of kit.
PERSONAL FIRST AID KIT	Each person MUST have a personal first aid kit which must include latex or vinyl protective gloves.
DO NOT ALLOW ELECTRONIC TOYS	They have a magical self destruct /disappearing property and usually don't come home intact.
DO NOT INCLUDE LARGE QUANTITIES OF SWEETS, BISCUITS OR TUCK.	Scouts in the past have barfed up at night in the tents causing major overnight disruptions to tent buddies.