



RUISLIP EASTCOTE NORTHWOOD SCOUT DISTRICT



District Night Hike Kit List

For the Hike

- Walking Boots
- Waterproof coat and trousers
- Hat (baseball cap or rain hat)
- Spare warm top/jacket
- Water
- Torch
- Small rucksack

Optional:

- Insect repellent
- Lip salve
- Moisturiser

Spare Clothes for Saturday

- T-shirt
- Trousers
- Fleece/sweatshirt
- Socks
- Underwear

Night time items

- Sleeping Bag with compression sack
- Sleeping mat (if you have one)
- Small fold up pillow
- Nightwear x 1
- Torch
- Batteries
- Earplugs (!)

Toiletries

- Brush/Comb
- Toothbrush and paste
- Flannel x 1 /sponge x 1
- Soap/body wash
- Deodorant (roll on or stick only)
- Sanitary products as required

First Aid Kit & Medication

- Small first aid kit
- Any personal medication (handed to camp leader)

The following Electronic devices are taken at your own risk!!!!

- Wind up Radio
- Digital camera

You Do Not Need the following items

- Tent
- Electronic Games consoles
- I/pod MP3 Player
- Mobile Phone
- snacks/sweets

It may well be cold during the night and it is therefore important to make sure you bring enough clothing to keep warm.

Several layers are better than one thick layer, thermal trousers and t-shirts are brilliant.

jeans are not practical as they take too long to dry once wet.

You are advised NOT to bring/wear Jeans.

Electronic devices are not permitted as there is a risk of them being lost, broken, trodden on or stolen. The leaders and the district take no responsibility for any damage howsoever caused to any items of kit whether on the allowed list or not.

Cameras are permitted but at your own risk.

Ruislip Eastcote Northwood District Scout Council

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