

Hiking – What To Pack

The list below covers the personal items that a Scout needs to take when hiking. However, this list is a guide only and should be altered to reflect personal needs and/or specific circumstances.

- All items should be labelled with your name.
- You should always pack your own equipment.
- Pressure pack spray cans are banned from all Scout activities.
- Never bring valuable items that you are worried might get lost or damaged.
- Always check the Permission Note for other items not on this list.

Remember: You are responsible for your equipment, not the Scout Leader!

Personal Hiking Equipment Checklist

Backpack		Safety Equipment		Mess Kit	
	2 plastic bag pack liners		map & compass		bowl, mug, fork & spoon
Tent			first aid kit - see below		water bottle
	hike tent – scouts share		matches or lighter		cooking pot & scourer
Sleeping			head torch & spare batteries		hike stove/fuel
	sleeping bag & liner		raincoat	Food	
	sleep mat		mobile phone	see over for suggested menu & menu planner	
Clothing		Hygiene Bag		First Aid Kit	
	clothes for hiking & sleeping		toothbrush		band aids
	socks & jocks for each day		toothpaste		triangular bandage
	jumper		soap		conforming bandage
	swimmers & towel		sun block		tweezers
	suitable footwear		insect repellent		mini 1 st aid book
	hat		plastic trowel & toilet paper		

Other Matters to Consider When Packing For a Hike

- 1. Cost.** The cost as shown on the Permission Note usually covers: activity fee, camping fee & fuel. You may need to bring extra money to buy food to & from camp &/or spending money.
- 2. Tent.** Remember to leave room in your pack to put your share of the tent. Always check it before you leave.
- 3. Clothing.** Don't pack too many clothes when hiking. Bring clothes for hiking & clothes for sleeping. Be mindful of the season. A change of socks & underwear for each day is recommended. Always bring a proper raincoat and at least one jumper or coat.
- 4. Food.** Avoid cans & packaged food that contains a lot of water.
- 5. Helpful Hints.** Many items especially food can be packed in "zip lock" plastic bags to keep them dry. Put your 1st aid kit in a plastic container, bought cheaply from the supermarket.
- 6. Check the Permission Note.** Make sure you always read the Permission Note carefully. Check the Permission Note for anything else, or items on this list that are not required.