



South Met. Adventurous
Activities Team

Packing List

Adventurous Activities Foundation Skills Weekend Camp 2025

- A backpack to put the rest of the stuff in 😊
- Day Pack: to carry during the activity for your water bottle, sunscreen etc.
- Tents: your own small tent or consider sharing a tent with your patrol or ask your section leaders to organise.
- Sleeping mat (optional): A foam roll sleeping mat or a self-inflating mattress.
- Sleeping bag, consider size and comfort rating.
- Mess kit: plate, cup and cutlery, in a cloth drawstring bag to keep clean.
- Food: Saturday: Breakfast & Lunch Sunday: Breakfast & Lunch. Snacks for the Weekend.
- Water bottle you will be able to refill from camp once arrived.
- Torch: head torch is a great option take an extra set of batteries.
- Personal and hygiene gear: Toothbrush, near-empty tube of toothpaste, comb, tissues, sunscreen, repellent, wet wipes, etc.
- Hand towel / Sports towel: Light and compact and quick dry.
- Dry bag or Plastic bags: to put dirty/wet clothes.
- Multitool: a Swiss knife or a multi tool if you have one
- Notebook, pen/pencil: For taking notes and sketches on the way to help with writing your log.
- Clothing: Comfortable cloth for the weekend, bring swimming cloth or cloth that you don't mind getting wet for Canoeing and Water Rescue.
- Shoes: wear enclosed waterproof hiking shoes if you have one otherwise any enclosed comfortable shoes. An extra pair of shoes that you don't mind getting wet. You must be wearing a closed shoes for all water activities.
- Hat: Crushable, full brim hats are the best.
- Socks: A clean pair for each day.
- Jumper/Jacket: to keep you warm at night, or if it's cold.
- Waterproof Jacket / Poncho: To keep you and your pack dry.
- Your Scarf.