

# South Coast Skillquest Suggested Gear List

Please allow your child to pack their own bag under your supervision, this is all part of the learning experience for camps. Also ensure that all items are clearly labelled with child's name.

Note: No electronic gaming, mobile phones, iPod, lollies or soft drink are allowed on any Scout camp.

We are camping in Winter, in Nowra. It will be cold at night so ensure that your child has a suitable chill rating sleeping bag and an extra warm blanket. They will also be best sleeping on a raised stretcher.

## Packing

- Suitable bag to pack everything
- Day Bag (Back pack)
- Water bottle – full on arrival to camp

## Overnight

- Sleeping bag / blanket and pillow
- Stretcher
- Warm Pyjama's or tracksuit x 2
- Comfort toy (if required)
- Pull up pants (if required)
- Torch – preferably a head lamp
- Spare batteries for torch (give to leader in labelled bag)

## Clothing

- Full uniform (wear to activity)
- Wide-brimmed sunhat
- Beanie
- Collared/polo shirts (sunsafe) x 2
- Underpants x 4
- Socks x 3
- Pair of long pants/track pants x 2
- Jumper or sloppy joe
- Warm jacket
- Raincoat or wet weather poncho
- Sturdy enclosed shoes (eg. Runners or hike boots)
- Gum Boots (in case of rain)
- Warm beanie/hat & camp blanket

## Mess Kit / Dilly Bag

- Breathable draw string bag (not plastic)
- Plate (melamine or plastic only)
- Bowl (melamine or plastic only)
- Cup (melamine or plastic only)
- Knife
- Fork
- Spoon
- 2 Tea towels

## Personal Kit

- Towel
- Soap
- Toothbrush
- Toothpaste
- Sunscreen
- Insect repellent (no aerosols)
- Deodorant (no aerosols)



ONLY PACK CLOTHES/SHOES THAT ARE OK TO GET WET OR DIRTY. OLD SHOES ARE PERFECT (NO HOLES IN SOLE)

## Medications

Must be in sealed snap lock bags, clearly labelled with Name, Dosage and Group. They are to be presented to the first aid team at registration