



## THE ESSENTIALS: KIT LIST

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### FOR SLEEPING

- ☐ Sleeping Bag
- ☐ Pillow
- ☐ Air Bed/Mattress (an inflatable bed, a foam mattress or a traditional camping bed are recommended)
- ☐ Blanket (you'll want to be extra warm on the colder nights!)

### FOR MEALS

- ☐ Knife, fork & spoon
- ☐ Bowl
- ☐ Dinner Plate
- ☐ Cup
- ☐ Tea Towel

### CLOTHING

- ☐ General clothing for 7 days
- ☐ Extra changes of clothes (particularly extra socks!)
- ☐ Swimwear
- ☐ Waterproof Coat
- ☐ Walking Shoes or Boots (ones you don't mind getting mucky!)
- ☐ Trainers
- ☐ Spare Footwear
- ☐ Nightwear
- ☐ Thick Jumper/s

### TOILETRIES

- ☐ Soap/Body Wash/Shampoo
- ☐ Hand gel
- ☐ Toothbrush/Toothpaste
- ☐ Comb/Brush
- ☐ Towels
- ☐ Sun Lotion

### EXTRAS (but equally important!)

- ☐ Water Bottle
- ☐ Torch
- ☐ Bible
- ☐ Notepad & pen
- ☐ Any money you wish to spend in the tuck shop during the week
- ☐ Plastic bag to put any wet clothes/shoes in at the end of the week!
- ☐ AND... any prescribed medication if required during camp