



## SCOUT DAY HIKE KIT

### **CLOTHING:**

- Waterproof hiking boots (not wellies or fashion boots) – (must state “Waterproof” unless leather)
- Warm socks (2 pairs if needed – but cramped feet get cold and blisters)
- Long trousers (or shorts with long socks, weather dependent)
- T-shirt, fleeces or jumpers
- Waterproof jacket and waterproof over-trousers (if it doesn’t say “Waterproof”, it isn’t)

### **CLOTHING MATERIALS:**

- NO DEMIN (you will not be allowed to hike)
- Avoid cotton as it soaks up water and doesn’t dry quickly, making Scouts cold.
- Choose polycottons or wool
- Ideal clothes are those which are both warm and dry quickly after washing

### **RUCKSACK**

- 20-30 litre capacity – school/sports type acceptable if it has broad padded straps
- Waterproof jacket and waterproof over-trousers, if not being worn
- 500-750ml drink (water or cordial, no energy or caffeine drinks)
- Whistle
- Gloves and hat
- Spare jumper and socks (bagged to stay dry)
- Lunch and snacks
- Put all items inside waterproof bag if the rucksack is not waterproof
- Ideal Scout rucksacks have a large main compartment and small compartments for drinks, snacks and small items of equipment.

**MAPS, COMPASSES, FIRST AID KITS, SURVIVAL BAGS ARE PROVIDED BY THE SCOUT TROOP.**

**IMPORTANT: NOTHING ON THIS LIST IS OPTIONAL.**

**LEADERS WILL NOT ALLOW ILL-EQUIPPED SCOUTS TO HIKE.**

### **IF IN DOUBT, ASK!**

This is a generic kit list and is for guidance only. Always check letters for a specific events for differences.

This list may be used by Scout and Guide organisations and other not-for-profit youth organisations but users are responsible for ensuring that this list is suitable before use. Always carry out a risk assessment of any hike or similar activity.

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