



PARTICIPANTS' PERSONAL KIT LIST

LUGGAGE:

Rucksack/Duffel Bag, Hand Luggage and Waist Bag for personal items

Please note:

Hand luggage consists of one piece only. This must not exceed 18 x 45 x 50 cm in size and 5 kg in weight. Rucksack/Duffel Bag must not exceed 16 kg in weight

Travelling Uniform.

Scout winter shirt

Blue jeans

Scout Belt

Malta Scarf **must be worn at all times and cannot be swapped**

Malta Badge **must be worn at all times and cannot be swapped**

Scout Beret

Walking Boots (these take up a lot of space in your rucksack and are also heavy. They should be worn with two pairs of socks and should not be tight)

Hand Luggage

A one-day backpack can be used as hand luggage (keeping the above dimensions in mind), this can then be used for day activities.

Writing/reading material, small notebook, camera/films, light waterproof jacket with hood, light sweater, and some snacks/biscuits.

(No penknives, any liquids, scissors or items with sharp edges can be packed in your hand luggage - these must be packed in your rucksack)

Waist Bag

Cash, passport (including an additional photocopy of passport) and other personal items as necessary

Rucksack/Duffel Bag

Sleeping Bag and insulation mattress

Clothing (organised in plastic bags and packed separately)

Pyjamas or old tracksuit

3 sweat shirts

5 T-shirts

3 pairs of trousers - heavy cotton or corduroy

Chest warmer preferably with hood

A good camp hat (jungle hat or similar)

Underwear

Socks - thin and thick (when using walking boots two pairs of socks should be worn - one pair of thin socks and another thicker pair of socks on top)

Swimwear

Old trainers for water games

Personal Hygiene

1 small and 1 large towel

Flip-flops for showers

Soap/shampoo, toothbrush and toothpaste

Hair brush/comb, hair clips and bands (where applicable)

Other personal hygiene items (as necessary)

Miscellaneous

1 large beach towel

Sunscreen

Torch (preferably a small torch) and spare batteries

At least one toilet roll (YMMV - your mileage may vary!!)

Washing powder for clothes/clothes pegs

10m x 6mm cord (braided nylon or hemp) for any type of lashing/clothes line

Extra garbage bags

All these items must be in the main Luggage**Eating Utensils** (in a fabric bag):

2 plastic plates or Mess Tins

Knife/fork/spoon

Plastic mug

2 tea towels

First Aid Kit

ANY PERSONAL MEDICATION WITH NAME ON IT

A small personal First Aid Kit

Scissors

Ederma cream (preventative against sore skin)

Athlete's foot powder and/or cream
Moleskin pads for blisters (Dr Scholl or similar)
Mosquito repellent/insect bite cream

N.B.

Personal equipment at offsite activities – Splash, Gilwell Adventure and Starburst

It is important to remember that during a British summer day, we can experience hot sunshine as well as rain and cooler temperatures. Therefore please be prepared for all weather conditions. When packing your luggage ensure that amongst your personal items of clothing, the following are included to allow you to fully participate in all activities:

- A hat, sunglasses and sun cream
- Full waterproofs and warm clothing
- Swimwear
- Clothes to get wet in. Denim jeans and heavy cotton trousers are NOT ALLOWED on any water activity for safety reasons
- Footwear suitable to get wet – old trainers or fully strapped sandals
- Trainers
- Long trousers and long sleeved top
- Strong shoes

EXTRA MALTESE BADGES AND MALTESE SCARVES TO SWAP

MOBILE PHONES ARE NOT ALLOWED.

ANY PERSONAL ELECTRONIC EQUIPMENT, MUSIC PLAYERS, PDAs, CAMERAS (ANY TYPE), ARE CARRIED ENTIRLY AT OWNERS RISK

BY PATROL

Waterproof cream for walking shoes/shoe cleaning brush
One roll of stretch and seal to water proof personal small items e.g. Money and passport or camera!!!