

Otter Clean & Keen

Washing Clothes

- Bucket / Dry Bag Method: Use a collapsible bucket or a roll-top dry bag (Sea to Summit and Scrubba make dedicated wash bags) to wash clothes with water and soap without needing laundry facilities.
- Biodegradable Soaps: Pack concentrated eco-soaps like Lifeventure All Purpose Wash or Lifeventure Fabric Wash.

Even biodegradable soaps require soil to break down safely. Never wash clothes directly at a communal drinking water tap or natural water source. Always dispose of wastewater into designated camp greywater drains at least 30 meters away from natural water.

Drying Clothes

- Washing Line and Pegs: Bring a few meters of paracord or a travel clothesline to string up between camp pioneering poles or inside your tent's porch.
- Wringing Clothes Out: Wring out clothes by hand but remember that heavy fabrics will take a very long time to dry in humid summer air.

Top Tip: Lay your wet clothes flat inside a microfibre towel, roll it tightly like a burrito, and stomp on it. The towel absorbs most of the moisture, meaning it will line-dry faster.



Add water, cleaning liquid and clothes



Roll down top at least 4-5 times and clip ends



3. SCRUB



4. RINSE + DRY

Insect Repellent

The Jamboree site on Wyspa Sobieszewska will be a hotspot for mosquitos! It's surrounded by water and forests.

Fun fact, a fishing village on Wyspa Sobieszewska is called "Komary" which translates directly from Polish to English as "Mosquitoes".

There are lots of different types of insect repellent including:

- DEET: The standard for high-risk insect zones. Concentrations around 20–50% are ideal. Be careful, as high percentages can melt synthetic uniform shirts, neckers, or tent fabrics if spilled.
- Picaridin (Saltidin): Completely safe on technical fabrics, odorless, and highly effective against mosquitoes and ticks.
- PMD (Oil of Lemon Eucalyptus): A powerful plant-based alternative.

Personal First Aid Kit

As well as the usual items you expect in a First Aid kit, think about what you may need for two weeks without a pharmacy. Some items to consider are:

- Compeed or similar hydrocolloid patches (mixed sizes).
- A small tube of Savlon or Sudocrem for friction chafing.
- Rehydration tablets to replace lost fluids and electrolytes fast.
- Anthisan or Eurax bite cream to soothe aggressive mosquito or midge bites.
- Once-a-day antihistamine tablets (like Cetirizine or Loratadine).
- Tick Tweezers or a tick card. Tick-borne illnesses are prevalent in continental pine forests and removing them cleanly and early is vital.
- Paracetamol and Ibuprofen for headaches and muscle aches.

It's not just what's in your kit that matters, think about how best to keep it safe.

- Ziploc/Freezer Bags: Cheap and transparent, making it easy to grab items fast during an emergency.
- Tupperware Box: Keeps everything completely crush-proof when crammed into a daypack.
- Small Dry Bag (0.5L - 1L): A dry bag ensures your medical supplies stay bone-dry even if you get caught out in a summer rainstorm.

Weather smart habits

- Good Waterproofs: Pack a lightweight jacket that can withstand a sudden summer deluge but won't cause you to boil in the humidity.
- Good and Comfortable Shoes: Thoroughly broken-in walking shoes or sturdy trail runners are ideal for whatever a Jamboree throws at you.
- Wicking Tops: Avoid cotton under-layers. When you sweat in the summer heat, cotton stays damp and can cause severe chafing. Stick to synthetic polyester or Merino wool base layers.
- Warm Jackets: Pack a lightweight microfleece or a packable insulated jacket, the nights will get chilly.