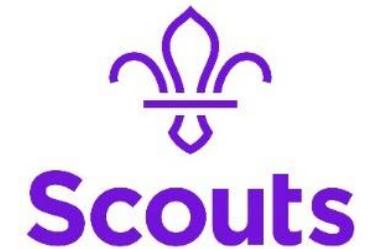


Quick kit list



What to bring	What to leave at home
★ Sleeping bag	✘ Duvet (they're big and bulky)
★ Spare clothes	✘ Jeans (they don't dry very quickly)
★ Mug, cutlery, and snacks	✘ Ceramic plates or bowls (they're breakable and heavy)
★ Toothbrush, toothpaste, soap, and deodorant	✘ Full size toiletries (just pack what you need – you don't need to buy special travel sets, you can put a little bit into a smaller bottle)
★ Walking boots	✘ Brand new white trainers (they'll just get dirty)
★ Waterproofs	✘ Umbrella (go hands free by bringing waterproofs)
★ Roll mat	✘ Mattress (you won't be able to carry one of these)

Extended kit list

What	Why	Tick
CLOTHING		
Uniform	The person leading the activity will tell you whether you need to bring uniform, and what you should bring. Our uniform lets the public know who we are, and helps everyone see where others in their group are.	
Socks	A spare pair of socks can be a lifesaver on any outdoor adventure. Make sure to pack a pair or two to keep your feet happy.	
Underwear	A change of clothes is essential for overnight stays. You may also need to change clothes if you get too wet or too muddy. If you can, choose clothes that are quick drying and insulating.	
Nightwear		
Tops or t-shirts		
Trousers or shorts		
Warm jumper or fleece	You should always check the weather in advance, but sunshine can suddenly (and unexpectedly) turn to rain. Keep a warm top layer and waterproof jacket in your backpack. If it's looking especially rainy, or you're hiking treacherous terrain, you may want to buy a pair of gaiters. If it's cold, layer up clothing and think about packing a hat and gloves.	
Waterproofs		
Warm hat and gloves (optional)		
Sun hat	It's important to protect yourself from the sun. Wear a hat made from breathable fabric which also covers your neck. You also need sunglasses and sunscreen to protect yourself from UV rays. Depending on where you're going, you may want to pack insect repellent too.	
Sunglasses		
Sunscreen		
Insect repellent (optional)		
Appropriate footwear	Wearing the right shoes will help protect you from injury. Don't bring a brand new pair of walking boots – wear them in before your activity. Depending on your trip, you may also need a second pair of shoes to wear when you're not hiking.	
Swimwear (optional)	The person leading the activity will tell you whether you need to bring swimwear – you may need it for some water based activities.	

PERSONAL KIT		
Sleeping bag	Sleeping bags come in a variety of sizes and are sorted into seasons. A single season sleeping bag is meant to be used just in summer, but a four season sleeping bag will cover the colder months. You'll often find temperature guidance printed on the side of sleeping bags. A roll mat is also important to get a good night's sleep, as it provides padding to keep you comfortable as well as insulation from the ground to keep you warm.	
Roll mat		
Water bottle	Staying hydrated is important, especially when you're doing physical activities. Pack a lightweight reusable water bottle that's robust enough to stand being dropped.	
Plate or bowl, mug, and cutlery	Choose a material that is light and not easily broken, like plastic or stainless steel. Think about how you'll store them, too – how about a drawstring shoebag?	
Tea towel	You'll need this to dry after you've washed up, or clean up any spillages. If everyone brings two with them, you'll have plenty.	
Toiletries	If you're staying overnight, make sure to pack a wash bag containing your toothbrush and toothpaste, and other things you normally use such as soap and deodorant. If you're staying longer, you may need shampoo and conditioner too. Only bring what you need, to keep it light. Buying travel size minis is one option, or you can just put a little of each product into smaller bottles.	
Small towel	Microfibre towels are a great way to save space, but you could also just pack a small hand towel.	
Wet wipes	Wet wipes are useful to clean stubborn dirt or grease – or just yourself. Lots of wet wipes contain plastic, so throw them away properly.	
Torch and batteries	Depending on the activity you're doing, you may want to pack a headtorch. Either way, remember to bring spare batteries.	
Clothes pegs	These are great for drying out your clothing and belongings on longer activities or camps.	
Bags	Line your backpack with a dry bag to make sure your belongings stay dry. Dry bags are reusable and totally waterproof, but you could also use a bin bag. Smaller bags (wet bags, plastic carrier bags, or ziplock bags) help you separate out wet clothes or rubbish.	
Spending money (optional)	The person leading the activity will tell you whether you need to bring any spending money for optional things like souvenirs.	

Bag packing tips

How to pack

1. Use a dry bag (or large bin bag) to line the inside of your bag.
2. Store your sleeping bag sideways at the bottom of the liner.
3. Place cutlery, your mug, and your plate or bowl in a separate bag (such as a drawstring shoe bag). Pack this bag on top of your sleeping bag.
4. Clothing, underwear, and socks should be packed in the gaps, to fill in empty space.
5. Waterproofs should go on top of everything in the main section of your backpack. If they're wet, pack them outside of your dry bag.
6. Snacks, your map, and your compass go in the top pocket.
7. Toiletries and nightwear should go in your side pockets.
8. If you can, strap your roll mat to the bottom of your backpack. You may want to put it in a dry bag if the weather's wet.



Top tips

- Label everything you bring with your name, so things don't get mixed up, and anything you lose can find its way back to you.
- Keep your backpack tidy, by grouping items in small dry bags (ideally in different colours) and assigning items to different pockets.
- Keep lighter items at the bottom of your backpack and heavier items near the top. This gives you a higher centre of gravity, so will make carrying your backpack as comfortable as possible.
- Store wet or dirty clothes in wet bags, so that they're kept separate from clean items.
- To dry out your backpack, remove everything from it and hang it from a clothes line with the zipper facing downwards.
- Maintain your sleeping bag by regularly airing it out – fully unzip the bag, turn it inside out, and hang it on a clothes line.
- Put anything you aren't using back into your backpack, so you don't lose it.

Don't forget (for leaders)

WHAT	WHY	TICK
Mobile phone	Leaders should bring their phones, and young people should leave them at home. Outdoor and overnight activities are a great opportunity to develop skills in independence, confidence, or self-awareness. If a young person needs to contact (or be contacted), they can talk to their leader. Leaders also need a mobile phone in case of emergency.	
First aid kit	You must have a well stocked first aid kit. You're also responsible for any medications individuals need. Make sure you have everyone's medical information in advance, and plan accordingly.	
Cards, permit, and checklist	Remember to get your Nights Away Permit in advance of any overnight trips. Take a copy of the Safety Checklist for Leaders, your Purple Card, and your Yellow Card with you.	