

UK Contingent Kit List



- The list has been split into smaller sections for easier packing
- Most of the items are marked as 'R' = Required
- Some recommended items are marked as 'O' = Optional
- This includes the Norway planning team's kit list. You may receive path/role-specific lists from your Path Leader (participant) or head of department (IST)

Cabin baggage (hand luggage)

Weight limit will depend on airline, typically 7kg max

Packed	Got	Need	Item	Quantity	Information
		R	Daysack	1	To place all your travelling items in
		R	Passport	1	To be carried at all times while travelling
		R	EHIC/GHIC	1	
		R	Debit/credit card	1	Look for cards with no international fees
		R	Personal medication	2-3 days	Check guidance on Participant Hub/IST Hub
		R	Uniform shirt/blouse	1	Badges are listed on Participant Hub/IST Hub
		R	UKC scarf	1	Neatly rolled, with friendship knot or woggle
		R	Shorts/trousers/kilt	1	Suitable to wear with uniform
		R	Sturdy outdoor footwear	1	Waterproof walking/hiking boots above the ankle
		R	Water bottle	1	
		R	Mobile phone	1	Check your package to avoid roaming charges, consider eSIM if not covered
		R	Rechargeable battery pack(s) and phone charging cable	Min 1	Maximum 100 Wh / 27,000 mAh per charger
		R	Notepad and pen/pencil	1	
		O	UKC hoodie	1	
		O	Camera	1	With charger or spare batteries, or disposable
		O	Freshen-up bag: toothbrush, toothpaste, body spray, feminine hygiene products	1	Needs to stay within the liquid restrictions
		O	Travel entertainment	1	Not electronic e.g. cards, book
		O	Change of underwear	1	In case of baggage delay

Hold baggage

Recommended maximum of 20kg

		R	Holdall/travel bag	1	To place all your items in. Should be able to be carried on your back
		O	Drybags	As required	To keep things dry, separate clothes and washing, and pack more in. Consider different colours to find things easier

Clothes

Packed	Got	Need	Item	Quantity	Information
		R	Spare UKC scarf	1	Neatly rolled to save it getting creased!
		R	UKC T-shirt	1	
		R	Other t-shirts (long or short)	Min 5	Lightweight wicking materials are great for drying quickly. No images/writing which may be considered offensive
		R	Underwear + socks	You decide	Change daily
		R	Trousers + shorts	Min 3	Preferably comfortable and lightweight. Zip-offs can be popular!
		R	Swim shorts/costume	1	For any water activities
		R	Trainer shoes	1	For good weather or flat terrain
		O	Flip flops/sliders/sandals	1	For around the campsite or indoors

Weather protection

		R	Waterproof coat/jacket	1	Minimum 15,000 mm HH
		R	Waterproof trousers	1	Minimum 15,000 mm HH
		R	Sun hat/cap	1	
		R	Warm hat	1	
		R	Warm gloves	1	
		R	Scarf/buff	1	
		R	Sunglasses	1	
		O	Hydration pouch	1	For active paths

Personal hygiene and medication

		R	Toothbrush & toothpaste	1	
		R	Soap/shower gel/shampoo	1	
		R	Body spray/deodorant	1	
		R	Wet wipes	1	For a quick freshen-up
		R	Personal hand sanitiser	1	
		R	Feminine hygiene products	As required	
		R	Travel clothes wash	1	
		R	Hand/face towel	1	Quick drying
		R	Body towel	1	Quick drying
		R	Sun cream & after sun	1	
		R	Insect repellent	1	
		R	Personal medication and medical equipment/devices	As required	Check guidance on Participant Hub or IST Hub
		R	Personal first aid kit	1	Recommended contents: sterile dressings, waterproof plasters, blister plasters, painkillers
		O	Lip balm	1	
		O	Shaving kit	As required	

Sleeping

You may be able to borrow this equipment from your local Scout group etc.

Packed	Got	Need	Item	Quantity	Information
		R	Sleeping bag	1	Minimum comfort temperature 5°C
		R	Sleeping mat	1	Recommend inflating
		R	Sleeping clothes	You decide	
		R	Torch + spare batteries	1	Recommend headtorch
		O	Pillow	1	Recommend inflating
		O	Fleece blanket/liner	1	For additional warmth if required
		O	Eye mask	1	It may be light at night and early in the morning!
		O	Ear plugs	1	To help you get a good night's sleep

Others

		R	Watch	1	Preferably with alarm
		R	Colour copy of passport and travel documentation	1	Including flight itinerary and travel insurance
		R	Mug / thermos flask	1	
		R	Phone charging plug and adapter	1	Type C/Type F
		O	Spare glasses/contact lenses	1	Also consider a copy of your prescription
		O	Badges / other swaps	You decide	Swapping is a popular activity at international events! E.g. badges and scarves representing your patrol, the UK Contingent or your local area
		O	Personal solar panel	1	Can be used to charge battery packs
		O	Sitting mat/pad	1	
		O	Small penknife	1	Keep in your bag when not using for programme activities
		O	Snacks or spare food	You decide	

Participant-only

		R	Plates	2 flat, 2 deep	
		R	Cutlery set	1	
		R	Tea towel / dish towel	1	

IST-only

		R	Tent including guy lines, pegs and repair kit	1	Sturdy, waterproof and wind-resistant (up to 15m/s) Pegs X or Y type, max length 30 cm Can arrange to share with other IST
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Patrol kit

To be shared by patrol. Not required by IST.

Packed	Got	Need	Item	Quantity	Information
		R	Tent including guy lines, pegs and repair kit	Sleeping space for all patrol members	Sturdy, waterproof and wind-resistant (up to 15m/s) Pegs X or Y type, max length 30 cm Check sleeping arrangements guidance on Participant Hub
		R	Bread knife	2	
		R	Cutting knife	3	
		R	Chopping board	5	
		R	Dishwashing tub	1	Recommend collapsing
		R	Dish sponge/brush	You decide	
		R	Environmentally friendly washing-up liquid	You decide	
		R	Group first aid kit	1	Suggested contents
		O	Spare toilet rolls	You decide	

Items NOT required

Item	Information
Additional baggage	You are only permitted to carry two bags, one to be checked in and one to carry. Everything you require must fit into these two bags. Remember you must carry the bags for possibly some distance, so '20 is plenty' when it comes to kilograms of weight for your hold luggage.
Hair dryers / hair straighteners	
Cooking equipment	Will be provided for participants, and not required for IST