



8<sup>th</sup> Airdrie (Chapelhall) Scout Troop  
Kandersteg 2019



**Kit List**

**We have specified minimum sizes/capacity for some items for a reason: often for safety purposes. Please speak to a Leader if you have any doubts about the kit list. Please have the Scout pack their own bag as that way they will know what's in it.**

**Wear travelling:** Scout Uniform shirt, kilt, Lovatt Green socks with green flashes for boys/ Tartan skirt and tan tights for girls. Fleece and/or waterproof jacket.

**Case/Holdall** (all of the items listed below are deemed to be essential)

Walking boots\*  Sleeping wear  Spare underwear

Spare walking socks  T-shirts & shorts  Warm shirts

Extra warm clothing  Warm hat & gloves\*\*

Waterproof jacket and trousers  Toilet bag with necessary personal kit

Sun cream\*\*  Sun hat\*\*  Large and small towels

Small personal first aid kit  Swimwear  Flip flops

Trainers  Torch (with spare bulb & batteries)

2 litre water bottle or 2 litre hydration system that is suitable to be used with Day Rucksack (platypus etc.)\*\*\*  Day rucksack 25 – 35 litre (*use as hand luggage for flight*)\*\*\*\*

**Note:** sleeping bag **not** required

\*walking boots should have ankle support and should be broken in.

\*\*The alpine environment around Kandersteg means that Scouts can find themselves in beautiful weather 26c in the valley floor, and then cold, windy, snowy conditions in the alpine mountain environment on the same day.

\*\*\*Scouts will be encouraged to drink at least 2 litres of water per day, particularly on hikes, and on hot days.

\*\*\*\*Scouts must have a day sack between 25 – 35 litre capacity, it must also have padded straps and, ideally, must have a waist support belt. Scouts have to carry 2ltr of water, waterproof trousers & jackets, hat, gloves, cream, a packed lunch, and probably a camera. They must be able to do so comfortably and safely. School bags, string bags **MUST NOT** be used and anything smaller than 25 litres makes it difficult for Scouts to hike safely. Glasgow Scout shop and Go Outdoors have a Hi Gear Trekker 35L Daypack for about £21. If you need more info on picking the right kit please contact one of the leaders.