

LOCHGOILHEAD WATER ACTIVITIES WEEKEND

Equipment is to be packed by the Scout. (Parents are often able to pack more gear than can be re-packed by the scout at the end of the camp). Also, if parents pack the rucksack- the Scout has **no idea what's in it!!**

- Full Uniform (Uniform will be worn when travelling to and from the camp.)
- Waterproof jacket and trousers
- Warm sweater, jumper or sweatshirts (More than one as they will get wet)
- T-Shirts or similar
- Trousers or shorts (NO JEANS)
- Set of clothes with long sleeves that you don't mind getting VERY wet.
- Spare underclothes
- Spare socks
- Nightwear (A track suit is comfortable and warm.)
- Hike boots or strong shoes
- Training shoes for in the sea and gorge walking. (Closed toe for water activities)
- Woolie hat, scarf and gloves, and sun hat, sun protection cream and sun-glasses
- Sleeping bag (sleeping mat not required)
- Swimming Kit (for under wet suits)
- 2 large towels, 1 hand towel
- Torch and spare batteries
- Personal washing kit in toilet bag
- Day Hike-sack and drinks container (unbreakable)
- Indoor shoes (not the trainers for in the sea)
- Plastic bags for wet clothes
- Medication: If you are likely to require any medication (for example if you sometimes suffer from headaches, use an inhaler), please bring it with you. The leaders are willing to store medicine for you if required.

Please ensure that you bring enough full changes of clothes as we are likely to be getting wet both due to the activities and (possibly) the rain! The key is to have enough clothes to stay warm as it can get very cold even in summer.

All cutlery etc. will be provided.