

Sub Zero camp kit list



Scouts should travel in uniform.

Individual/

- Sleeping bag
- Roll mat/inflatable mat

Personal Care (in toilet bag)

- Toothbrush and Toothpaste
- Soap/shower gel/ Shampoo
- Towels (hand & bath)
- Anything else you would normally include in your wash kit
- Midge repellent/ sunscreen

Clothing- for 3 days/2 nights.

ensure it is weather appropriate as you will be outdoors much of the time.

- Underwear
- Long trousers (NOT denim jeans)
- T-shirts
- Sturdy walking boots/wellies. (No trainers)
- Gloves/ hat (Yes, it's Scotland)
- Warm socks
- Jumpers/hoody
- Waterproof jacket and trousers
- Nightwear

Other Items

- Water bottle (2ltr)
- Torch (with extra batteries and bulbs)
- Medicine, clearly labelled with name and dosage (if required)
- Glasses, hearing aid etc. if required
- Large plastic bags for dirty/wet clothes

Note: all cutlery etc. will be provided.