

Lochearnhead Sample Kit List (exact kit list to be confirmed before the Expedition)

This is an expanded kit list to help young people and parents ensure if they are buying new kit that it will pass kit inspections which are held shortly before the expedition. Suitable kit is essential to ensure attendees get the most out of the activities on offer and are safe and prepared for all the elements Scotland has to throw at us. A consolidated kit list will be issued nearer the time for use as a packing check list. Until patrols are confirmed in January younger Scouts (patrols J & K) should wait before buying items which are dependant on their patrol as marked on the list.

Note; when buying kit please consider there will be 41 other young people probably buying similar kit. Unusual colours, customized boot laces etc will make it easier for you to identify your items in a jumbled drying room. Name everything you send apart from yourself!

If it's on the list you definitely need it. If it's not on the list don't pack it unless authorised by your Group Contact. If your bag is too big it may be checked before being loaded and some items removed.

Millets, Blacks, Go Outdoors and Cotswold Outdoor all offer a 10% discount on production of your neckerchief, or go to Sports Direct (Stevenage), Mountain Warehouse (Hatfield). All of these have also got online stores and they all sell man made fibre tops at around £4 each. I know it means a drive but Mountain Warehouse in the Galleria does very good prices for all the starter level kit you will need. <http://www.mountainwarehouse.com/> Check labels before you buy as quite a bit of the clothing in these stores is cotton based which is not appropriate for this trip

IMPORTANT:

1) No food should be packed in kitbags apart from emergency rations which should be tightly sealed. You will be well fed and food in cabins encourages local wildlife to share your bunks! You can take food for the journey in your day sacks, but won't need much. Anything left over should be binned on arrival. Absolutely no nuts in anything including emergency rations please check packaging before packing lunches.

2) You will not be allowed MP3 players or any other game machines on Station. If you choose to take them to entertain you on the journey it is at your own risk and they will be collected in before disembarking at Lochearnhead and not returned to you until re-embarking for the return journey. There are no charging facilities on Station. Fitness trackers will be collected in at the coach and issued on hike days only.

3) Banned items- If any of these items are found on camp they will be confiscated without question- Pocket knives, Sheath Knives, Mobile phones, MP3 players, Smart watches, Game machines, mini TV's, IPAD's and any other similar gadget. You will not have time to use these things so leave them safely at home. For medical reasons absolutely no aerosols.

4) The biggest problem in the "outdoors" is keeping warm, particularly when damp or wet. Some types of material are good for this (polyester and other "synthetics") and others are poor (e.g. cotton). Therefore jeans, cotton T-shirts/rugby shirts, cotton jogging bottoms and even cotton socks should not be used on Station or on activities. Fleece or woollen clothes and synthetic football tops or non cotton sweatshirts are all commonly available alternatives that perform far better outdoors.

Please remember - Cotton Kills! No Denim on Station or off.

Basic Kit	Specification/notes
Full Uniform	To be worn on the journey to and from the Station. Proper plain Navy blue activity trousers must be worn. No Jeans or sports trousers. You will not be allowed to board the coach if you are not in proper uniform.
Suitcase or Holdall	All the following equipment needs to be packed into this including the large rucksack . Only a day sack will be permitted with you in the coach. We reserve the right to inspect and remove some of its contents! Only the kit on this list should be packed.
Rucksack * not needed by patrols J&K	Minimum of 60 litres capacity with a waist strap for hill walking. Make sure it fits the wearer. For smaller Scouts look for ones with adjustable back lengths (Tesco/Millets etc) Patrols J & K will not need this size – 35 litre day sack will be sufficient as they are not doing overnight in the hills. They will still need waist strap/comfortable shoulder straps – this can double up as their day sack below
Rucksack liner + spares	Specific liners are available from Millets etc, or several rubble sacks (available from Tesco). Bin Liners are NOT strong or waterproof enough for the job.
Day sack *patrols J&K see note above	Must fit in overhead coach storage area. For other day activities to carry lunch etc. Two shoulder straps not shoe bag drawstring type preferably waist belt also. Big enough to carry lunch, towel, change of clothing, waterproofs etc. Patrols J & K this day sack should be at least 35 litres capacity.
Sleeping Bag * patrols J & K specification not critical	Mummy style with compression sack. 2 – 3 season sleeping bag with lower comfort rating 8 deg or lower. The smaller & lighter the pack size the better. Patrols J & K- Normal sleeping bag in compression sack ok as only for use in cabins.
Roll Mat	Foam or self inflating. Full or ³ / ₄ length. Smaller the pack size the better.
Walking Boots	Must have a good tread on the sole, be waterproof, have ankle support. Must be a correct fit. Not walking shoes. Boots are available to borrow from District Boot bank. Ask your Group Contact for details. Also available to hire from Ski & Climb shop in Stevenage Old Town.
Hike socks	Worth investing in at least two pairs of decent quality proper hike socks. Thin liner socks also to wear underneath walking socks unless walking socks are double layered. No trainer socks on station please.
Spare Boot Laces	Appropriate to your boots. Bright colours good to help identify boots.
Waterproof Jacket	Breathable, waterproof, with hood and taped seams. Smaller the pack size the better. Preferably thigh length. Not padded winter ski type. Must be big enough to wear over a fleece.
Waterproof trousers	Breathable, waterproof, taped seams. MUST BE ABLE TO GET ON WITHOUT TAKING BOOTS OFF i.e. with ankle zips/Velcro. Try before you buy.
Trainers	2 pairs- one for day wear one for water activities. 2 nd pair can be decent quality rubber soled enclosed surf/canoe shoes or plimsolls. Croc type shoes are not suitable for water activities. Water activities pair must have covered toes for rafting.
Open sandals	To be worn around station to air feet- activity sandals, clogs/crocs etc (with heel straps) not expensive and must be practical for around the station. Not to be worn on activities.
1 bowl or mess tin & Mug & cutlery *patrols J&K not required	For overnight hikes- non-breakable -as tough, light and compact as possible a bowls/mess tin better than plate. Knife fork and spoon or spork. Not penknife type knives found in some camp kits- check before buying. Go Outdoors pop up bowls good.
1 litre water bottle (or 2 x 500ml bottles)	Must be minimum 1 litre, tough (not clear plastic sports bottle). Screw top not sports top. Not type with drinking straw in. Tough plastic or metal and leak proof.
First aid kit	Small in waterproof pack. Should not contain any paracetamol/other medications-check pre-packed kits. Add extra blister plasters and send insect bite cream such as Anthisan. (Paracetamol can be sent and handed in at coach if likely to be needed.)

Sun cream	Everyone needs it even if you don't normally. You could be in the sun all day.
Insect repellent	Something you don't mind rubbing in your hair. Smidge or Jungle formula are good brands. Also Avon skin so soft
Midge head net	Personal net to protect head from midges. Smidge brand is good.
Sun Hat	With brim all way round. If you 'forget' we have some lovely specimens to lend you!
Small notebook, pen and pencil	Packed in waterproof wrapping that can be re-sealed.
4 Heavy Duty dry bags/gravel sacks	For dirty /wet clothing, Proper dry bags are best or rubble sacks from Tesco are good. One decent bag must be big enough to wrap sleeping bag with overlap at top to ensure seal, Another to fully cover and seal roll mat.
Woolly hat and gloves	Yes you will need these!
Swimming kit and large towel	Something practical and old!! No itsy bitsy bikinis.
Wash kit and towel	Soap/shower gel/shampoo/flannel/toothbrush/toothpaste/deodorant (not aerosol), -be practical only what you really need!
Whistle	Emergency type with no pea- plastic- must be on a lanyard to wear round neck not fixed to rucksack.
Small torch with spare bulb and batteries	Tough, small – head torches are good. Mainly for use on night hikes-(you have lights in your cabins.) Make sure you bring spares for it.
Coat hanger	Able to hang all of your uniform on- name label around the hook please.
Emergency Rations	Emergency rations should be sealed up in a small pack in waterproof bags/container. They are for emergency use only and you will not be allowed on activities if you have eaten them. Should contain a mixture of high energy items for example- Raw blocks of jelly, Kendall mint cake etc hi energy/protein food in a small pack. Absolutely no nuts or bars containing nuts etc.
Warm Jacket	This can be an anorak type coat or a zip in fleece/cag combination. Make sure you have something warm and dry to put on if you've come back soaked from an activity.
Purse/wallet	To keep your pocket money in- a limit will be set nearer the time.
Lunchbag	Lunch bag not box e.g. small dry bag.
Underwear	Yes you have to change it every day! Enough pants and socks to last the week including a few spare for when you get soaked.
T-shirts/long sleeved tops	Practical not vest tops- at least two made from artificial fibres for hiking. Football team type shirts are suitable for hiking. At least two long sleeved for walking and climbing– more if you burn easily.
Jumpers/fleeces/sweatshirts	At least three total. Preferably 3 or 4 fleeces; good as they dry out easily. You can often find micro (thin compact) fleeces very cheaply in charity shops.
Trousers- no jeans	At least 3 pairs in addition to uniform trousers. 1 pair lightweight for water activities. 1 pair should be practical for hiking. Jeans are not suitable for activities and should not be packed at all. Shorts can be worn for some activities but remember the midges!
Optional but useful Items	You do not need to bring the following items but can if you want to.
Compass	Preferably Silva type must have base plate (Tesco etc aren't accurate enough and don't last long) 1:25000 & 1:50000 scales
Gaiters	Waterproof attachments to seal area from boots to trousers when hiking.
Camera in zip freezer bag	At your own risk. Don't bank on using your mobile phone as a camera as it will have been collected in if you brought it.
Lightweight cagoule	Lightweight waterproof/windproof cag for water activities- cag in a pack type. Not essential handy to have a spare.
Wristwatch	Useful for walking timings. Getting back on time at coach stops. And you won't have your phone to tell you what time to get up! (not smartwatch)
Hydration bladder	would still need water bottle(s) for other activities if bringing hydration bladder for hill walking.
Fit Bit type gadget	Must work independently i.e. no link to internet, no ability to use for communicating with other devices/people while on station.

