



## 3rd CHALKWELL BAY SEA SCOUTS

Castleton 2017

### Kit List

ITEM	COMMENTS	✓
Sleeping Bag & Pillow		
Mattress cover or sheet		
Rucksack for day walks	A 40 litre rucksack will be adequate	
Waterproof Jacket & Trousers	NOT a cagoule	
Gaiters	Worn over top of boots and bottom of trousers	
Walking Boots	NOT Dr Martens or similar	
Walking Socks (incl. spares)		
3 <sup>rd</sup> CB polo shirt	To be worn for the travel to and from Castleton	
T-shirts / vests	Base layer	
Polo shirts / rugby shirts	Second layer	
Jumpers / fleeces	Third layer	
Windproof coat	Outer layer (Waterproof jacket will work instead)	
Walking trousers	Jeans are NOT permissible for walking in	
Water bottle	1 litre will be adequate	
Hat		
Gloves (or mittens)		
Scarf		
Torch & batteries		
Emergency rations	These should be sealed in foil or cling film. Include chocolate, nuts etc	
Trainers	For wearing in activity hall and evening times	
Ordinary trousers/jeans	For when not hiking	
Underwear		
Shorts	In case it is hot	
Sunhat / baseball cap	In case it is hot	
Sun tan lotion	Even when its cloudy you can still get burnt on the hills	
Pyjamas		
Wash kit and towel		
Bath towel		
Swimming shorts		
Notepad		
Pencil / Pens		
Games for the evening	Pack of cards, board games etc. There is no TV!	
Pocket money	£20 suggested maximum	
Lunch box / ice cream tub	This helps protect your lunch when its thrown around inside your rucksack	
Thermos flask	A hot drink when walking is a good reviver, NOT an alternative to a waterbottle	
Camera	For capturing those 'magic moments'	

#### Mobile Phones & iPads/Tablets

Due to prank calls being made by Scouts on mobile telephones interfering with the emergency procedures on a previous trip, revised rules are in place regarding mobiles. Rather than to ban mobiles from the trip, mobiles must be handed in to Ian on arrival at the centre. He will keep all the phones in a central place so that they may be taken, used and returned at any time. We hope this will remove problems experienced previously. **We recommend iPad/tablets etc should NOT be brought.** We have found in the past that they take Scouts away from group activities, games and general play times together. We will not be responsible for any loss or damage of any devices brought.