

# 1st Wentworthville Scouts

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## General Packing List Ideas For Scout Camping

### Toiletries

- Tooth Brush - Paste
- Soap
- Handkerchief, face washer,towel
- Comb
- Insect Repellent
- Sunscreen
- Toilet Paper (ought be reqd only for remote hiking & maybe with a small hiking shovel)

### Medication or 1st Aid Kit

- Do you need to bring a 1st aid kit?
- Do you need to bring any medication prescription or otherwise - did you put anything on your A1 form?

### Scout Things

- Scout scarf and woggle (and shirt if full uniform)
- Scout book for test work
- Pen & paper

### Sleeping & Night Time

- Sleeping bag & sleeping sheet if you have the later
- Karrimat, Therma Rest or other foam sleeping mat
- Torch - one of those LED ones that goes on your head is very convenient

### Accessories

- Hat
- Sunglasses
- Towel
- Swimmers or swimming shorts
- Camera (optional)

### Clothing for Cooler Trips

Bring multiple layers of clothes rather than relying on just say one jumper.

For cooler to cold conditions wear thermals to bed if required (alternatively clean socks and clean long pants inside a sleeping bag will keep you pretty warm).

### Suggested items:

- 2 t-shirts, singlet(s) plus a jumper or two
- Tracksuits and warm jacket or overcoats if cold, gloves if required
- Shorts + long pants
- Underwear
- Multiple changes of socks
- Footwear - Decent pair of shoes plus a pair of thongs is great for walking eg to go have a shower. Water shoes may also be appropriate.
- Wet weather gear - Poncho or Rain coat

### Eating

- Knife, fork, spoon, tea spoon
- Mug, Bowl & Plate
- Dilly bag, pillow case or string drawn bag with tea towel - also used for storing cup, bowl, spoon, fork, knife, plate etc
- Water Bottle

### Food

- Bring some snacks or other food as appropriate

### Money

- You might like to bring \$10 or so to buy some souvenirs, badges, etc

### Cold Nighttime Temperatures

If scouts do not have a very good sleeping bag then wearing two layers of long pants to bed and thick socks should be sufficient to keep the lower body warm. Flannelette or long cotton pants as well as tracksuit pants provide good insulation. Thick socks will make a big difference in bed at night.

On top three layers consisting of a singlet, tshirt and jumper should be packed for use inside a sleeping bag. A second jumper to wear on top of all those clothes should also be packed if using a lower performance sleeping bag.

### Thermal Insulation / Air Beds

Pump up Air Beds are not good in cold conditions as they allow cold air access to the body. Consequently, they should not be used.

Insulating mats like those shown in the attached images are required. They should be of either the closed cell or therma-rest type. The typical closed cell sleeping mat is ideal as it does not need to be inflated and will not be affected by leaks and also it does not take up much space. They can be purchased relatively cheaply from outdoor camping shops.

Typical Closed Cell Sleeping Mat



Therma Rest Type Mat



Thick Closed Cell Type Mat (usually used as an exercise mat)



## Comments

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