

Kit List for Year 7 Bushcraft trip

Below is a recommended kit list. We stress that it is not necessary to go out and buy all new and expensive kit. As long as you send your child with the essentials, they will be fine and you may even be able to borrow items from family and friends.

<u>Essential items to pack</u>	✓
Waterproof and wind proof jacket	
Waterproof trousers	
Tracksuit or hard wearing trousers	
2 pairs of outdoor footwear (walking boots/old trainers)	
T-shirts	
Jumper or fleece	
Socks and underwear	
Medications (in a clear, named plastic bag, with dosage instructions)	
Roll mat (to go under your sleeping bag)	
Warm sleeping bag (3 season)	
Day rucksack (not drawstring, as this can cut into the shoulders)	
2 x 1 litre water bottles	
Torch with new /spare batteries (a head torch is ideal)	
Towel	
Wash bag including toothpaste, toothbrush, soap and face wipes	
Swim wear	
Antibacterial hand gel	
Plastic bags for dirty / wet clothing or footwear	
Woolly hat (for keeping warm at night especially)	

Pack all your items into a large rucksack or soft holdall



Your sleeping bag may not fit inside. Tie it on and name it.

Optional items:

- Whistle (recommended)
- Insect repellent (recommended)
- Sleeping bag liner
- Pillow/pillow case
- Day sack liner/waterproof cover

Weather dependent items:

- Wellingtons
- Scarf
- Gloves
- Thermal layer
- Sun cream
- Sun hat/cap