

Kandersteg Summer Trip Kit List REVISED 22/6/09

Scouts are responsible for personal equipment and should pack their rucksack or holdall themselves, ticking the list to confirm they have these items with them.

All items should be clearly labelled with the Scout's name and packed in his rucksack or holdall (uniform for travel is in addition to the list below)

CAMP GEAR

	No of	Tick List
Rucksack or Holdall 90cmx75cmx43cm max 20kg	1	
Sleeping Bag Liner	1	
Personal First Aid kit	1	
Torch & Spare Bulb	1	
Spare Batteries	1 set	

PERSONAL

Air Scout T-shirt	2	
Scout Shorts or Pocket Shorts	2	
Fleece - Jumper	2	
T-shirts/Polo shirts	7	
Sweatshirts (No Hoods)	2	
Light weight trousers	2	
Pants/Boxers	10	
Socks	5	
Hiking Socks (Thick)	3 - 5	
Summer Pyjamas (compulsory)	1	
Trainers (for dry)	1	
Sandals (for wet/dirty)	1	
Swim costume /Shorts/Trunks	1	
Thermal underwear Top/legs (Snow and Ice Only)	1	

SUNDRY

Coat Hanger (wire)	1	
Bin Liners (for dirty washing)	2	

TRAVEL - WHAT TO WEAR (in addition to kit list above)

Air Scout Uniform Shirt	1	
Scout Trousers/Belt	1	
Group Scarf/Woggle	1	

If you suffer with **Travel sickness** please take medication

All Medication is to be placed in a named sealable container with dosage clearly indicated inside.

(hand to a leader when you arrive)

DO NOT BRING

Electronics such as **Mobile phones**, walkmans, MP3, gameboys, lighters / matches

pen-knives, scissors etc

Jeans (Denim)

(ask a leader if unsure)

No responsibility will be accepted by leaders for any items lost on camp whether in possession of Scout or Leader

HYGIENE

	No of	Tick List
Wash Kit		
Deodorant (Non aerosol)	1	
Shower Gel / Shampoo	1	
Toothbrush & Paste	1	
Soap (in soap dish)	1	
Towels (Large)	2	
Insect Repellent (roll-on)	1	

SUN PROTECTION

Lip Salve / Sun Cream	1	
Sun Hat (Not baseball cap to cover neck)	1	
Cheap Sun Glasses	1	

HIKING / DAY TRIP

Day Sack - 56cmx25cmx45cm (35ltr max) 6kg	1	
Water Bottle 1ltr	1	
Waterproof Trousers	1	
Waterproof Jacket	1	
Woolly Hat	1	
Gloves (waterproof) Ski gloves	1	
Survival Bag	1	
Emergency Energy Food	1	
Whistle	1	
Watch	1	
Waterproof rucksack liner	1	

MONEY

Wallet (named)	1	
Pocket Money (to be paid in 31st July latest)	£ 20 - £50 max	

Hiking Socks	1	
Hiking Boots (clean)	1	

Uniform & Kit Notes

- 1] Ensure your Rucksack or holdall is large enough to take all your kit and that **YOU** can transport it.
- 2] First Aid Kit - should contain plasters, antiseptic wipes, safety pin and a small bandage
Note: Safety pins must be packed in holdall with the rest of the kit.
- 3] Torch - all batteries should be new (Spare batteries also)
- 4] Sandals - please ensure that you bring a pair of open toed sandals or water shoes - these are much better for water activities than trainers and far healthier to wear.
- 5] PJ's are compulsory - you will be sharing a dormitory with other Scouts
- 6] Sun Cream - should be water repellent
Note: Minimum recommended level for the UK is SPF15 or SPF20 for fair skin
- 7] Lipsalve is essential to protect your lips from the effects of chapping (NOT Vaseline)
- 9] Day Sack - (35lts max) with **two** adjustable shoulder straps and waist strap and is used for day hikes etc. This can also be used as hand luggage when flying.
- 10] Water Bottle - should be 1ltr capacity - SIGG bottles are ideal, bladders if good quality (to be placed in Holdall empty)
Note: Used fizzy drinks bottles (or similar) will not be suitable
- 11] Hike Boots - must fit / be broken in clean and are compulsory, will be worn when travelling.
- 12] Survival Bag - orange / thick plastic bag for crawling into in bad weather - will save your life - compulsory
- 13] Whistle - again essential survival tool - compulsory
- 14] Coat Hanger - pack a wire hanger in your rucksack or holdall - used to hang uniform.
- 15] Pocket Money - the maximum stated is the maximum and can be sourced individually or exchanged on site. We will be running a camp bank for those who have paid their pocket money in before the deadline.
- 17] Travel Uniform - Is to be clean you are to be well presented.
- 18] A light snack can be taken for the coach journey to the airport, sandwiches for Swiss travel are to be packed in the hold, please not bags of sweets.
- 19] Swimming - If swimming shorts are normally used, it is recommended that a pair of swimming trunks should also be packed just in case, as a few pools in Switzerland do not allow the use of swimming shorts
- 20] **Prohibited Items - REMINDER - No electrical items** this includes **MOBILE PHONES** you do not need to take a phone. **Knives are not required to be taken.**
Note: Presents of these items may cause delays at check-in or passing through customs and may result in you missing your flight.