

29th Epping Forest Scouts - Kit List for a Day Hike

Category	Item	Day Hike	Notes	Packed?
Big Stuff:	Rucksack	✓	<i>From Removes upwards capacity should be 65-75l Vital, especially on a rainy hike...</i>	<input type="checkbox"/>
	Bin liners to line rucksack	✓		<input type="checkbox"/>
Clothes:	Shirt, scarf, woggle	?		<input type="checkbox"/>
	29th EF T-shirt(s)	?		<input type="checkbox"/>
	Pullover(s)	✓		<input type="checkbox"/>
	Cagjac or similar waterproof	✓	<i>Must be <b>water</b> proof, not just showerproof</i>	<input type="checkbox"/>
	Waterproof overtrousers	✓		<input type="checkbox"/>
	Scarf	?		<input type="checkbox"/>
	Fleece / warm coat	?		<input type="checkbox"/>
	Gloves	?		<input type="checkbox"/>
	Walking socks	✓		<input type="checkbox"/>
	Spare shirts	✓		<input type="checkbox"/>
	Spare trousers/shorts	✓	<i>Not jeans for walking</i>	<input type="checkbox"/>
	Spare socks & underwear	✓	<i>Needed on hikes in case you get wet</i>	<input type="checkbox"/>
	Poly bags for wet/dirty clothes	✓	<i>Very important!</i>	<input type="checkbox"/>
	Sun hat	?	<i>If sunny</i>	<input type="checkbox"/>
	Trainers	?		<input type="checkbox"/>
	Walking boots	✓	<i>Needed for Removes and older, recommended for younger Scouts. Weekend Camp - if hiking</i>	<input type="checkbox"/>
	Handkerchiefs	✓		<input type="checkbox"/>
	Sun-cream	?	<i>If sunny</i>	<input type="checkbox"/>
	Any other regular medication or toiletries	✓		<input type="checkbox"/>
Eating:	Plate	✓	<i>Plastic is good; easy to clean and light.</i>	<input type="checkbox"/>
	Bowl	✓		<input type="checkbox"/>
	Mug	✓		<input type="checkbox"/>
	Cutlery	✓		<input type="checkbox"/>
	Food for journey / snacks	✓		<input type="checkbox"/>
Miscellaneous:	Torch	?	<i>On hikes there should be at least 1 per group / tent</i>	<input type="checkbox"/>
	Waterbottle	✓	<i>Any plastic drinks bottle will do</i>	<input type="checkbox"/>
	Some money	✓		<input type="checkbox"/>
	Penknife	?	<i>Removes and above only, and <b>must</b> be shown to Leader at start of expedition</i>	<input type="checkbox"/>
	Camera	?		<input type="checkbox"/>
	Spare laces	?		<input type="checkbox"/>

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For emergencies	Sunglasses	?		
	Pen & paper	✓		
	Watch	✓		
	Emergency details	✓	<i>E.g. Route Cards, Emergency Contact Numbers, Map, Compass</i>	
	Mobile phone	?		