

Notes from Kit Check

We will go through a kit check at the hike start on the Saturday morning.

1. **NO COTTON** will be allowed in clothes, except trousers can be 65% polyester, 35% cotton
2. **The last straw:** that is what breaks the Scout's back: remove anything not needed. You cannot do anything about some big items, for instance: backpack (2 kg or more), sleeping bag and mat (2 kg ish), water (2 kg), your share of Group equipment (as on kit list) and other things. You can minimise weight where possible and by not including extras.
3. **Group Kit:** Scouts need to supply only one or two things from the Group Kit list – look at it and the notes. Leave the rest behind.
4. **Packed lunch:** I suggest that you do not have meat sandwiches, unless salami-type that are OK at room temperature. Put in a rigid container: they have to last (unsquished) from St Albans to Saturday lunch. Consider using a box that can be disposed of Saturday evening, unless you have other stuff to pack inside.
5. **Hold all:** It sounds like a daypack is possibly best for this. It will need to go with you in the coach. Contents: see lists below. Make sure it has a label (Your name and "St Albans Scout Team")
6. **Back pack:** Everything should be packed inside the bag, or separately. Each separate item must have a label (Your name and "St Albans Scout Team")
7. **Spare clothes:** You should take (if at all possible) as spares: trousers, socks and at least one warm top. All to Kit check spec and packed in a separate bag in the backpack. Also, if possible, spare base layer (again to kitcheck specs): this is less important.
8. **Warmth:** You must have sufficient warm tops for warmth. One fleecy top plus cagoul will not be sufficient.
9. **Emergency rations and 50 pence piece:** Each scout brings a 50p piece, do that covers the team for kit check item from Group kit. Put 50p + emergency rations in a small, clear plastic bag and seal with sellotape. Label. Make sure kit checkers can see what is inside.
10. **First aid:** The Group kit has the main first aid kit. All you need is any personal medications.
11. **Water bottles:**
 - a. Must be watertight, even if upside down or pressed. No good if needs a plastic bag!
 - b. Recommended to carry with you in coach on Friday, so NO risk of getting your kit wet.
 - c. Once hiking, preferably secure in side pockets. Must be secure, if necessary clipped on (carabiner clip) or cord: unsecured bottles can be lost from net pockets
12. **Batteries and torch:**
 - a. Obviously important that all batteries are new or "full".
 - b. For rechargeable AA or AAA batteries, that means charging only a day or so before: they lose charge gradually.
 - c. Note that rechargeable batteries need to be high capacity and all the same capacity. (The LED torch may cease to work when the lowest capacity is discharged).
 - d. For travel (coach or hike), make sure the torch cannot be accidentally turned on. Perhaps a bit of paper across terminal
13. **Boots.** It was pointed out that some boots needed a good clean and waterproofing: not much good trying to waterproof mud! Make sure you use the appropriate waterproofing (eg from PJ camping) for the type of upper (leather or otherwise)

EXTRA KIT LIST

This includes items that are not on the Kit Check kit list, but are needed.

Clothing must be to kit check specs

Small wash kit: toothpaste, brush, small soap. Consider sharing soap. In light bag		
Small towel. Needed to dry off if wet. Hand towel, large flannel?		
Eating kit: probably need only MUG, bowl, fork and spoon		
Small Pack of ten tissues		
Spare clothes: Trousers Warm top Socks Base layer, if possible		
50 pence piece (Each scout brings one		

DAYPACK / HOLD ALL

For the Friday, this should contain:

Carrier bag for boots for Sunday Coach journey		
Trainers (for Sunday)		
Water bottles with water/drink (rather than risk them leaking in backpack)		
Food for Friday journey		
Torch		
Cagoule		

This bag will be left at the base camp, containing:

Uniform
Trainers
Carrier bag for boots
Mobile