

Item	Quantity	Optional?	Sent	Returned
Full uniform (no sash)	1	Optional		
Shirt (long sleeved)	3			
Shirt (short sleeved)	3			
Trousers	3			
Shorts	3			
Socks	3			
Underwear	3			
Sweater	1			
Jacket	1			
Sneakers	2			
Gloves or mitts	1			
Hat	1			
Rain coat	1			
Rain boots	1			
Splash pants	1			
Sleeping bag	1			
Sleeping pad (closed cell foam)	1	Optional		
Pillow	1	Optional		
Flashlight	1			
Spare batteries	Set	Optional		
Wash kit (tooth brush/tooth paste/face cloth/soap/hair brush)	1			
Beach towel	1			
Swimsuit	1			
Hand towel	1			
Mess kit (Plate/bowl/mug/knife/fork/spoon) in mesh bag	1			
Sun screen	1			
Insect repellent	1			
Water bottle	1			
Kleenex	1			
Plastic bag for wet clothes	1			
Whistle on lanyard	1	Mandatory		
First Aid or Survival kit	1	Optional		
Campfire blanket	1	Optional		
Pocket knife	1	Optional		
Camera	1	Optional		
Knapsack (day pack)	1	Optional		
Rucksack (for kit)	1	Mandatory		

Prohibited Items:

- Electronic devices (e.g. Radio, tape/cassette/CD player, Game Boys, telephones)
- Camp beds, air mattresses

Recommendations

- Sleeping pad, if provided, should be closed cell foam. These are typically white or blue and 1/2" thick.
- All kit must be packed in a rucksack.

Ensure all items are marked with your name.