

Bronze Duke of Edinburgh Hillary Award Camp and Tramp

<p>Essential personal gear</p> <ul style="list-style-type: none"> • Sleeping bag • Sleeping mat • Pillow case to make own pillow – if you like! • Pack (large enough for gear listed) • Plastic pack liner (rubbish bag – to keep gear dry if wet) • Tent (share parts of tent between members of your group) • Small torch and spare batteries • Suntan lotion • Insect repellent • Mobile phone • Chap stick • First Aid kit including plasters and blister pads • Compass – if you have one • Toilet paper and baby wipes • Soap and other basic toiletries • Toothbrush and toothpaste • Free time activities: book, ball, cards etc • Towel • Spare rubbish bags 	<p>Suggested clothing</p> <p>Generally avoid cotton in favour of fast-dry synthetics and/or wool</p> <ul style="list-style-type: none"> • Raincoat or waterproof parka • Boots to walk in and thick socks • Fleece/warm layers for evenings • Spare pair of shoes for use around camp • Tramping shorts and T-shirt/short sleeved shirts • (polypropylene, wool) • Light track pants • Underwear • Swimming togs <p>Eating Utensils</p> <ul style="list-style-type: none"> • Plate/bowl • Mug • Cutlery • Washing up gear and tea towel • Cooker, gas and cooking equipment (share between group)
<p>Medication</p> <ul style="list-style-type: none"> • If you have any medication you need to take please carry it in a named plastic bag. • You are welcome to give a backup set to a teacher or instructor to carry. <p>What Not to Bring</p> <ul style="list-style-type: none"> • MP3 players Play Stations or other music/entertainment devices. <p>This is our chance to enjoy the natural environment.</p>	<p>Food</p> <p>Avoid products in cans or heavy packaging as all rubbish has to be carried!</p> <ul style="list-style-type: none"> • 3 breakfasts • 4 lunches • 3 evening meals • Snacks for during day eg. Nuts, scroggin, muesli bars etc. • Hot chocolate sachets or similar • 2x 1 litre water bottles and water purification tablets or boil water. Bring at least 1 litre with you.

