



Packing list for hiking

If you don't have some of the things on this list then don't panic. We do have some spares at the hut. Just let us know in advance.

If you go into Blacks or Trespass then you can get a 10% discount if you wear your scarf and tell them you are a scout. If you are buying boots then make sure that they are very comfortable and don't pinch or rub anywhere. Wear them all week if you can to get them worn in. If there is some movement in your boots then try putting a padded insole into the boots first or adjust the lacing.

[There are more hiking tips on my website.](#)

Kit

- **Backpack or daysac** (25 litres capacity would be fine). One with side pockets and a proper waist belt would be ideal.
- **A cheap, digital camera** (optional) - not the one on your phone! If you don't have one, try asking Santa for one for Christmas!
- **Small notebook and a sharpened pencil.** We will be expecting you to take good notes on the hikes. You may need them for games too.
- **Small Torch** - check that it works. If possible bring a spare. A red torch does not ruin your night vision and does not dazzle people so much.
- **Whistle.** - only to be used in emergencies!
- **Stave** or walking stick/pole - optional. A cut-down and customised broom handle works well. Not to be used for whacking plants and trees but for assisting you in walking, climbing and games etc.
- **A cup** (unbreakable and insulated if possible).
- **A teaspoon.**
- **A compass** - if you have one. Not compulsory but recommended.

Lunch (to be brought from home)

- **1L Water bottle** (full) – make sure it doesn't leak. In summer a litre of water is compulsory.
- **2 rounds of Sandwiches** (in a tupperware box to stop them getting mashed up). Cheese and tomato is excellent walking fuel.
- **Some fruit, some cake and/or nuts.** A good old-fashioned fruit cake is filling and supplies lots of energy over a long period.
- An '**emergency**' chocolate bar.
- **2 Tea bags or some 'instant' hot chocolate powder.**
- **Sugar** (if you take it). Just enough for 2 cuppas in a small resealable bag. Sandwich bags are good as they can be resealed and reused.

- **Tea or soup** in a small flask (optional) - very nice to have on a cold day but you need to make sure you can fit everything inside your pack. Make sure before the hike that it doesn't leak. You **must** have a small flask of hot drink for the competition hikes, i.e. The 2 Rings, Mad March, Downsman.
- **Small sweets to share with everyone** - Polo's, boiled sweets, wine gums etc. If everyone shares with everyone, we all get a nice selection of sweets during the walk. Try to avoid individually wrapped sweets as the wrappers get everywhere

We shall be brewing up along the way and there will be emergency rations available. Walking uses up a lot of calories so make sure you bring enough good, filling food for the whole day. Try to keep packaging to a minimum to save space and waste.

Clothing (Preferably **NOT** in bright colours)

- **No jeans!** Scout uniform trousers are ideal. Combat or hiking trousers or similar are perfect.
- **Scout scarf and woggle** (to be worn). Ensure that woggle cannot slip off.
- **Hiking Boots** - cleaned, polished and if possible waxed/waterproofed.
- **Waterproof trousers.** - These should be packed in an easily and quickly accessible place.
- **Waterproof jacket**, preferably with a hood **or** a kagoul combined with a warm jumper.
- **You will need 2 hats** - A woolly hat (for when it turns cold) and a baseball (peaked) cap to keep the sun off your head.
- **Warm gloves** - water resistant if possible.
- **Spare pair of thick socks**
- **A warm fleece or thick jumper**
- **Thermal underwear / base layer** - only in the winter.
- **Underwear** - boxer shorts made of a stretchy material are very comfortable when hiking. Avoid fabrics that may chafe. I have found that labels can be very scratchy - if so, snip them out of the clothing altogether.

Thermals are very worthwhile buying as we may need them during the winter hikes. They don't have to be worn but can be rolled up and packed away and put on when needed.

For every hike wear a thick t-shirt, a thick long-sleeved top and a warm fleece or jumper with a waterproof jacket over the top. Walking keeps you very warm and usually the trouble is over-heating and not freezing but you will get colder when you stop walking and also of course after dark!

Outer clothing and boots can be further waterproofed by using the Nikwax products that are available in all outdoors shops.

Remember what you have been taught about boots and foot health. Make sure your toenails are cut correctly in the right way (don't cut them if they don't need it) and that your hiking boots are polished and your laces are in good condition

Packing

- All of your kit should fit inside your backpack along with your jacket and waterproofs when you're not wearing them. So make sure your bag is big enough.
- No items (except the whistle) should be hung on the outside of your backpack.
- Pack everything tidily in your backpack making use of any free space available. Your tea things will probably all fit inside your cup for example, but make sure nothing rattles. Clothes can be rolled up and pushed into any available space. Try to have the heaviest things near the top of the pack and the things you don't need very often at the bottom.
- Scouts should pack their own bags so that they know they have everything on this list and also so that they know where everything is in their pack.
- You are free to carry anything else that you wish to bring, just make sure that you have room and that you can carry it all.
- Remember - there is no such thing as bad weather: just inappropriate clothing!