



Personal Kit List for Guides

Please print and check off as you pack and bring list with you in your bag. All articles are to be carried in a single bag. Please bring a **small** daypack with you as well. All items are to be clearly marked with your name and district.

On arrival you will be supplied with your Camp shirt, hat and badge.



Bedding – Check with your group leader which will fit best in tents being taken

Bedroll (1.5 x2m groundsheet, sleeping bag, sheet, sleeping mat, blanket and pillow - all tied with a 3m rope)

OR Single Swag (mat, sleeping bag, sheet, blanket and optional pillow – all inside swag cover)

Clothing – Bring enough clothing for duration of camp (and travel days)

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| <input type="radio"/> Guide Uniform for day of arrival to camp | <input type="radio"/> Pyjamas |
| <input type="radio"/> Camp Shirts (with sleeves and collars – no mid-riff or singlet tops) | <input type="radio"/> Spare pair of closed in shoes (wear the first pair when travelling) |
| <input type="radio"/> Shorts (good length) | <input type="radio"/> Socks |
| <input type="radio"/> Jeans or long pants (a dark colour is best) – at least one of these will be worn for our hike | <input type="radio"/> Raincoat |
| <input type="radio"/> Jumper/Sweater (in case of cooler nights) | <input type="radio"/> Swimwear |
| <input type="radio"/> Underwear | <input type="radio"/> Lightweight Beach Towel |
| | <input type="radio"/> Swim Shirt |

Toiletries – in a waterproof bag (no aerosols please)

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| <input type="radio"/> Toothbrush, toothpaste and tooth mug | <input type="radio"/> Bath towel |
| <input type="radio"/> Soap or Body Wash | <input type="radio"/> Sunscreen SPF 15+ |
| <input type="radio"/> Hair brush and comb | <input type="radio"/> Personal hand sanitiser |
| <input type="radio"/> Hair bands for those with long hair | <input type="radio"/> Insect repellent |
| <input type="radio"/> Shampoo and conditioner | <input type="radio"/> Face washer |
| <input type="radio"/> Shower cap | <input type="radio"/> Deodorant |
| <input type="radio"/> Travel Pack of Tissues or Handkerchief | <input type="radio"/> Sanitary items (as needed) |
| <input type="radio"/> Thongs to wear in the shower | <input type="radio"/> Lip balm |



Plate Bag / Mess Kit – in a cloth draw string bag, all items should be unbreakable

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|-----------------------------|-----------------------------|--|
| <input type="radio"/> Knife | <input type="radio"/> Plate | <input type="radio"/> Tea Towel |
| <input type="radio"/> Fork | <input type="radio"/> Bowl | <input type="radio"/> Flat Sit Upon (approx. 60 x 60 cm) |
| <input type="radio"/> Spoon | <input type="radio"/> Mug | |

Other Items

- Water Bottle
- Medications (to be given to leaders you are travelling with)
- Wallet and cash for private purchases at tourist attractions and when travelling
- Notebook and Pencil
- Camera / Phone (Please note any electronic equipment is at your own risk – ability to charge not available) – check with your group leader for requirement during travel
- Torch or head torch and spare batteries
- Campfire Ashes (optional)
- Badges and/or SWAPS (optional)
- Small soft toy (optional)
- Book to read (optional)
- Sunglasses (optional)
- 2 clean rubbish bags for dirty clothes

Extra Activity: For Guides who chose canoeing as their activity please add the following to your kit list

- Pair of firm fitting shoes that can get wet and muddy and be worn in the water
- Long sleeved shirt
- Long pants that can get wet and muddy
- Hat that can get wet and has a string chin strap

Extra Activity: For Guides who chose pistol shooting as their activity please add the following to your kit list

- Photo Identification (eg. Student Card)

Please remember to bring your Guiding Spirit.

Packing Tips

Use a sports or travel bag – not a suitcase

Girls: pack their own bag so you know where everything is

Label everything with iron on labels or a laundry marker

Fold your underwear with your socks

Pack each day's clothes in a ziplock bag

Bring clothes you are not going to get upset about if they get wet, dirty, muddy or stained

Find out what colour your group is and try and bring old clothes of that colour

Wear minimal jewellery

Ensure your camera is in a carry pouch to protect it during travel

