

OVERLAND HIKE - KIT LIST

please indicate EXPLORER UNIT		or SCOUT TROOP	
TEAM NUMBER			
Kit checker's initials			
Marks for Presentation (out of 3)			

Personal Kit	Scout A	Scout B	Scout C	Scout D
Waterproof lined rucksack				
Long Trousers				
Waterproof Hiking Boots with ankle support				
Long sleeved top				
Fleece jumper/jacket				
Warm headwear				
Gloves				
Reflective items (on rucksack & person)				
Waterproof top with taped seams				
Waterproof bottoms with taped seams				
Spare Fleece jumper/jacket				
Spare Socks				
Overland Hiker Information Form in sealed plastic wallet <i>(this will be supplied with Final Instructions)</i>				
Adequate Sleeping bag				
Packed lunch for both days				
Troop or Unit Neckerchief				
Sun Cream				

Prohibited Items

Denim Jeans				
Shorts				
Scout Uniform				
Sheath Knife				
CB Radio				
GPS Navigational Aids				
Additional mobile phones				

Weight				
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<u>Total Weight</u>	
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<u>Total Marks</u>	
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Team Equipment

2 x first aid kits in waterproof, airtight containers

Kit 1

Kit 2

2 large sterile dressings (min 18cm x 18cm)	
6 Assorted Plasters	
1 pack of blister plasters	
1 Roll of Micropore Adhesive Tape	
2 Triangular Bandages	
1 Roller Bandage	
4 Antiseptic Wipes	
1 Pair Surgical Gloves	
5 x 20p coins	
2 Polythene bags for soiled dressings	
1 Vent Aid	

Item 1

Item 2

2 x 1:25000 Maps (orange)	
2 x Waterproof map cases	
2 x Compass	
2 x Whistles	
2 x Watches	
2 x Torches	
2 x Survival Bags	
2 x foil survival blankets	
2 x Mobile Phones (fully charged for emergency use)	
2 x 0.25 litre of water (emergency use)	

Ingredients for a hot drink	
250g boiled sweets or chocolate	
Food for the weekend including 2 x 0.25 litres water	
Stove	
Fuel in a metal container and matches	
Cooking container and utensils	
Expedition tent (2 for mixed gender teams)	
Paper and pen/pencil	