

Kit List

(N.B: this is a suggested kit list, but remember to think of any home comforts, or items that you might need that are specific to you or the young people that you are responsible for! You know the young people participating best)

- Your emergency contact details (these could be on your phone or written down)
- Toothbrush, toothpaste
- Any medication that you might need
- A change of clothes
- Extra warm layers in case you are cold, including an extra pair of warm socks and a hat to keep warm
- Chargers/portable chargers for any electronics (check if you will have access to an electrical sockets)
- Your sleeping bag
- Sleeping mat
- Pillow
- Snacks or a packed meal
- Waterbottle
- A book in case you can't sleep (you might want a small torch to make sure you can see it)
- Antibacterial gel

If you are sleeping outdoors:

If you are braving the cold then there are some extra things to think about when packing for the evening. Here are our suggestions, but you might think of more.

- Tent/shelter
- Survival bag
- Waterproof layers
- Tarpaulin to sleep on
- Portable electronic charger
- Flask if you want to keep a hot drink warm