

# Personal Equipment List

- Sleeping bag (or blanket)
- Sleeping mat
- Pillow
- Spare Clothes
- Group T-shirt / Scarf / Cap
- Pyjamas
- Spare underwear
- 2 Towels (1 large, 1 small)
- Beach Towel
- Soap or Shower Gel / Shampoo
- Tooth paste / Tooth brush
- Brush or Comb
- Toilet paper
- Pegs
- Plate / Mug (plastic or stainless steel)
- Fork / knife / Spoon / tea spoon
- 2 Serviettes
- Water bottle
- Swim wear
- Torch and spare batteries
- Plastic bags (for dirty clothes)
- Prickly heat talcum powder
- Insect repellent
- Sandals or flip flops (for showers)
- Sunglasses and Sun block (high factor)
- Telephone card
- Personal first Aid (no medicinals)
- Items for Crafts / Competitions
- White T-Shirt for swimming
- Face Cloth
- Arm Bands & Flippers for swimming (If needed)
- 2 Packets of tissues
- Slippers for the use on camp site.
- Small back pack for swimming



Low centre of gravity      High centre of gravity  
Heavy rucksac              Lighter rucksac

