



Bronze / Silver Training Weekend Kit List

Got It

Packed It

A 60-65 litre Rucksack or Duffle Bag		
Assortment of lightweight dry bags (15 - 25 litres) for packing clothes/sleeping bag		
1 litre water bottle with your name on it		
Headtorch (with batteries or powerbank to charge it)		
Sleeping bag		
Sleeping mat		
Inflatable pillow		
Waterproof jacket (please check this is 100% waterproof and not 'showerproof' or 'water resistant')		
Canoe Cag with a hood (not mandatory for Bronze and Silver, but it is for Gold)		
Waterproof overtrousers		
Old pair of trainers for paddling in (something with a decent sole to protect your feet)		
Hiking boots for camp		
2 x Fleece		
2 x Long sleeve baselayer tops		
2 x Wicking T shirts		
2 x outdoor trousers or sports joggers (avoid cotton)		
1 x Set of warm camp clothes & jacket for the evening		
1 x Set of warm PJ's		
Underwear		
Plenty of socks		
Gloves and warm hat		
Camping mug, plate, bowl, knife, fork, spoon		
Old Tea Towel		
Bin bags for wet kit		
Waterproof watch		
Your medications		
Wash kit with toothbrush, toothpaste and a lightweight towel		
A few treats to share with your team		

Don't forget to put your name on everything! Golden Hind ESU will provide: Tent, Stove, Stove Fuel, Food, Team First Aid Kit, Bouyancy Aids, Paddles, Canoes