

Kit list for camps

The most important thing first – FOOD! Sweets and chocolate are great but are not REAL FOOD! You must bring something with lots of carbohydrates not just sugar.

Food needs to be 3 things:

- 1 – Light. Don't be carrying bulky things with you.
- 2 – Nutritious – on a normal day teenage boys need around 2200 calories per day, girls need around 1800. Walking with rucksacs across the moors is not a normal day! You will burn up to **3000 calories**, girl or boy, per day.
- 3- Easy to use – Don't bring things that need to be fried. You have to clean the pots. Bring things that need to be boiled.

Do not bring - Raw meat, Eggs, Pot noodles (no energy and the amount of salt will dehydrate you and make you feel tired).

Do bring – Pre-made Bolognese in a tuppaware box (well sealed!). Cans of Beans and sausage. Boil in the bag food. Pasta in packets. Lots of nice snacks, etc...

Kit List – SJH can provide most of this if you don't have your own.

We can provide everything with a * next to it.

DON'T WEAR JEANS – they are cold when it's cold, hot when it's hot, and stay wet!

Waterproofs* – Jacket **and** Trousers - If it rains you need to keep your warm clothes dry. There is nowhere to get dry until you get back to the minibus.

Warm top – Hoody or Fleece* – fleece is best as it works when wet.

Sleeping bag* - Not too bulky. It needs to be put in a plastic/waterproof bag in case it gets wet.

Sleeping mat* - Insulates you from the cold ground.

Torch.

Hat* and gloves*.

Spare tee-shirt, underwear, socks, top

Toothbrush etc..

MEDICAL items (inhaler, epi-pen, etc...)

DO NOT BRING - (Heavy, and no point in carrying them) - towel, hair products, make-up, onesies, pyjamas,

- Anything electrical **including phones** (they will get damaged if it rains), unless needed for parents.