**Explorer (Blue) Cord Hike - Gear List for an overnight hike**

**1. Personal Gear** – this is the minimum required and you may vary from this if you discuss with your Leader and he/she is ok with your choice.

a) **Sleeping** – lightweight sleeping bag, compact sleeping mat, torch

b) **Clothing** – lightweight warm jacket for evening, thermals for sleeping in, 1 spare pair socks and underwear, raincoat (if rain is forecast), plus what you wear hiking (sun-hat, shorts, tee-shirt or scout shirt, comfortable socks and boots).

c) **Food and drink** – Bring a cut lunch and energy snacks (preferably a ‘scroggin’ mix) and a 1 or 1.25 litre bottle, fill it up before you leave home; bring your own plastic bowl, plastic cup and spoon or spork. Don’t bring heavy metal implements.

d) **Personal items** – sunscreen, small soap and handtowel, toothbrush & small amount of paste, personal first aid kit, tell your Leader if you are carrying any special medication and write it on your PIR. Bring your own whistle, map & compass and a small torch (check the batteries).

**2. Shared Gear** – this will be spread across 2 – 3 Scouts

a) Lightweight tent (pegs, poles, inner & fly)

b) Trangia (stove and fuel and matches and one wooden spoon)

c) Food for Saturday night, Sunday breakfast and lunch

d) Spade (“Don’t forget Dug”) and toilet paper (1 roll per 4 – 6 Scouts)

**Consider this …**

How much do you weigh?

How much can you carry? It depends on your weight.

Scouts can only carry up to ¼ or 25% of their body weight.

Adults can carry up to 1/3 of their body weight.