

Equipment list



You will be responsible for your own belongings and will need to be able to carry your luggage yourself.

Personal equipment

Participants+IST+CMT:

- Sleeping equipment
- Sleeping bag
- Sleeping mattress
- Tent (sharing a tent is possible)
- Long tent pegs (for the beach)

Clothing:

- Clothes for 11 days
- Swimming-suit
- Good shoes for good weather (sneakers, flip-flops)
- Good shoes for bad weather (waterproof walking boots)
- Cap/hat
- Raincoat
- Waterproof trousers

Wash Kit:

- Toiletries
- Insect protection
- First aid travel kit
- Towel
- Sunscreen & after sun
- Medication (if needed)

Personal equipment **Participants only:**

- Your Path leaders may request you to bring specific equipment.

Personal equipment **IST only:**

- Walking boots
- Bright torch

Other:

- Sunglasses
- Tea towel
- ID card or passport (A copy of your documents is also recommended)
- Health insurance card (Europe: EHIC)
- Wallet with euros and/or debit card
- Plate, mug and cutlery
- Drinking bottle
- Torch
- Electronics needed and battery pack to charge your electronic devices

All of your bags (luggage, blue bag and day packs) must be labelled:

NAME
CONTINGENT
PATH NUMBER



Patrol equipment **Participants:**

Cooking equipment

- Sharp knife (pocket knife or similar)
- Chopping Board (or use plate as cutting board)
- Spatula
- Serving Spoon
- Matches/lighter

Other

- Tarp/shelter under which the whole patrol can sit.
- International goodies (food, cultural dress etc.)