

## **PERSONAL KIT LIST FOR INTERNATIONAL VISITORS TO ARDEN 2010**

**All luggage must be labelled with your name and your group leader's name.**

**All personal belongings must be marked with your name.**

**Light-weight items are recommended as everyone must be able to carry their own personal kit in either a rucksack, a backpack or similar.**

**The following are suggested items needed by each camper.  
Please bear in mind that although it is summer, the English climate can vary considerably from day to day. It can also be very cold at night.**

### **For Sleeping:**

Warm sleeping bag  
Sheet liner/warm blanket (optional)  
Small pillow & pillow case (optional)  
Light weight air mattress or roll mat (optional)

### **Clothing:** Enough for the week (there will be no laundry facilities at camp)

Official Guide/Girl Scout uniform  
Camp uniform, if you have it (necker & t-shirt will be available soon after arrival)  
Short sleeved tops/t-shirts (NO tank, spaghetti or halter tops)  
Shorts  
Warm sweater/sweatshirt (it can get quite cool in the evenings)  
Long trousers/track suit (not just jeans)  
Underwear  
Pyjamas (warm)  
Socks  
Hat and warm sweater to sleep in  
Sturdy shoes/trainers  
Lightweight shoes (inexpensive) for water activities  
Long-sleeved shirt (lightweight, for sun protection)  
Long raincoat/cagoule, must include a hood  
Waterproof footwear ('wellington' rubber boots or overshoes)  
Swimsuit  
Swimming towel  
Windbreaker/jacket  
Sun hat  
Plastic bags for wet/dirty clothes

### **Toiletries**

Towel and facecloth  
Sanitary supplies/shampoo/small packet paper tissues (Kleenex)  
In a bag (with your name on it): Soap/toothbrush/toothpaste/comb/hairbrush/hair ties  
for long hair/ Sunscreen/nose protection/lip balm/salve  
Insect repellent (non-aerosol) optional

**Miscellaneous:**

In a bag (with your name on it)

Plastic mug, with handle/unbreakable plate and bowl/cutlery (not in hand luggage due to security)

Notepad & pencil/ball-point pen

Pocket flashlight/torch

Personal repair kit: needle/scissors/thread (not in your hand luggage)

Spending money (sterling)

**Optional:**

Day-sack (folding/lightweight)

Sunglasses

Camera

**NOTE: There will be no facilities for charging mobile cell phones or other equipment**

**NOTE: Personal medications must be in their original container, placed in a sealable (Ziploc) plastic bag and be well labelled with the owner's name and group leader's name WITH COMPLETE INSTRUCTIONS FOR USE.**