



Camping - Personal Gear for a Day Tramp

The gear you will wear will depend on the weather and the location of the intended tramp. If you do not need to wear the item at the start of the day, it should be carried in your day pack as the weather can be very changeable, or it may be needed if you get caught out overnight.

Be prepared.

You will be wearing:

Boots or Sturdy walking shoes (well broken in)
Gaiters – (optional)
Socks – thick (or 2/3 pairs of thinner socks)
Underwear
Shorts – quick drying (cotton or nylon)
Singlet
T-Shirt or Polo shirt
Bush shirt or thick warm shirt (long sleeved)
Gloves or mittens
Sun hat – for use in fine weather
Woolen hat or balaclava

Warmth: select warm garments made of wool, polypropylene or polyesters.

Layering: two light weight layers of clothing are warmer and more versatile than one thick layer.

Comfort: select clothes that are light weight and quick drying.

A Day Pack containing:

Parker – waterproof
Over trousers – windproof (optional)
Woollen Jumper (your blue Scout jumper) or a polar fleece
Poly pro long johns
Poly Pro top (long sleeved recommended)
Personal medication (make sure your leaders know what medication you are on)
Drink Bottle
Food – lunch, morning and/or afternoon tea, scroggin
MSC Orange Survival Bag
Personal survival Kit
Camera (optional)
Length of lashing rope

You may also be required to take some group gear that may include the following:

Maps
Compass
GPS units
Radios
Group First Aid Kit
Gas cooker and canister
Fly sheet
Emergency food
Toilet paper

Gear to leave in the vehicle:

A towel and complete change of clothes in case you get wet.
Two plastic bags to put dirty footwear and wet clothes into