

- Floppy hat
- Sun block
- Insect repellent
- 2 T-shirts (polos are best)
- 2 pairs of shorts
- 1 pair undies per day
- 1 pair of long pants (jeans)
- 1 jumper
- 1 Sleepwear pjs, tracksuit, etc)
- 1 pair of socks per day
- 1 pair of shoes (for uniform)
- 1 pair of joggers or boots
- 1 poncho or raincoat
- 1 toiletry kit
  - toothbrush and paste
  - soap
- 1 mess kit in drawstring bag
  - large dinner plate
  - bowl
  - knife, fork and spoon
  - cup ,
  - 2 tea towels
- 1 towel (for body)
- 1 sleeping bag
- 1 pillow (optional)
- 1 torch (new batteries)
- Pack or bag to put it all in
- **Set of extra old clothes and old trainers/ sandals**

Yellow Cub Book

No thongs

No Walkmans or Game-Boys please. No Chewing or bubble gum

Also need Day pack with drink bottle.