

# Personal Lightweight Equipment

## \* Wash kit \* Washing up Kit \* 1<sup>st</sup> Aid Kit \*

Traditionally the 14-18 age group camps “lightweight” and even if you only progress as far as standing camps at regattas, moots or your local campsite these personal items will come in handy. Some 14+ units have the tradition of making them as a pre-Promise challenge. If you make them as light and compact as you can they will last for years and be useful even at extreme expedition level. One good idea is to buy a bright vinyl shower curtain and make all the bags, groundsheets etc from this – you can spot your own belongings immediately! You can also use zip lock bags.

**PERSONAL WASH KIT:** A basin to wash in – this can be from plastic with mitred corners that fit a tent peg, a shower cap over pegs or just a plastic 2 litre ice-cream container (this also gives something to carry ‘fragile’ items to camp), a sheet of plastic to put clothes on, small ‘motel’ soap in a clip lock bag, lightweight toothbrush (from an airline pack? Travel store?) and paste (more than enough for a weekend fits in a plastic bottle top with plastic wrap over it), small comb or brush, powder in a small container such as a Tupperware salt shaker or use a cotton ball as a powder puff, deodorant (the lightest is some cream deodorant in a bottle top – cover this with foil so you don’t clean your teeth with it in the dark, believe me it doesn’t taste nice!). Make sure it is an anti perspirant if you will really exert yourself. You can use half a chux for a flannel and a super chux for a towel if you need to be really light, a pack towel (Sports stores) or perhaps an old child’s beach towel. There are lots of small re-fill able bottles around to take just enough moisturizer, sun cream etc. Sanitary requirements and lip balm.

**WASHING UP KIT:** A basin as above (usually the 2 Guides tenting together take one each and use one for washing up and the other for washing themselves), plastic to put washed dishes on, washing up liquid in a small plastic container e.g. old pill bottle, ¼ of a sponge-scourer clipped to a peg (this lets you use really hot water to wash up in), half a piece of steel wool wrapped in plastic for hard to clean items. Again a chux makes a great quick-drying teatowel.

**1<sup>st</sup> AID KIT:** This might be packed in a small container or you can make it out of a sheet of plastic, turn in about 10-12 cms on one side and stitch pockets, the space left gives you a clean surface to work from, otherwise carry a piece of plastic. You need to cater for all your own minor accidents and ailments so don’t forget a few of any tablets you take regularly, tweezers, needle, safety pins, assorted band aids, steristrips, dressing pad, your headache tablets, throat lozenges, cotton buds, cotton balls (protected by plastic wrap), spare toilet paper, small amount antiseptic cream e.g. in a covered bottle top, small mending kit, emergency phone money. Wrap a pair of pantyhose around the outside – use for bandages, slings etc. Make sure everything is labelled and you know exactly where in your pack it is in case you have to send someone else to get it. If on an expedition the group, between them, should carry ankle, knee and roller bandage.

**Tents, sleeping bags, packs and stoves** are expensive items so look and ask around, borrow, hire and try before you buy and then buy the best and lightest that you can afford.