



KZN Scout Adventure
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Patrol and Personal Kit list.

Please note this is a guideline only. At this stage of your scouting career, you should know more or less what equipment is needed. Please take note during the adventure you will face at least 3 days of rain and wet and you need to be prepared for this.

Patrol Kit:

2 x Compass

Gas Stoves for cooking. (make sure personal stoves cover the patrol)

Hiking Pots and utensils (make sure personal equipment is enough for the patrol)

Good tents for all to sleep in (this is necessary)

Duct tape (for repairs to bags and shoes ec)

10 x Heavy duty cable ties (for repairs to bags and shoes ect)

Tin opener.

Patrol First Aid Kit

First Aid: to supplement personal supply

Store all except blister pack together. (Make sure it is waterproofed) Use a large pencil or suitable toiletry case.

- **Injury pack:** 2-3 bandages, dressings, 2 Triangle bandage, 2-3 sanitary pads (bleeding), 1-2 pairs gloves, 1 roll micropore tap, plaster strips for cuts
- **Spray bottle with antiseptic or alcohol wipes**
- **Gauze pads for cleaning wounds**
- **Burn pack:** 50 cm folded Plastic wrap, **1 burn shield** dressing or 1 small burn shield spray (also for severe sunburn)
- **Illness:** About 10 Pain killers (paracetamol/Aspirin), 4-6 tablets flu medication, blister pack diarrhoea tablets, stomach cramps – **Buscopan, Anti-inflammatory eg Myprodol, Neurofen**
- **Dehydration:** if hiking in extreme heat: 2-3 Rehydrate sachets
- **Extra foil blanket-** 1 (each hiker should have their own one)
- **Blister supplies could be in another pencil case- this pack will be used often!**

Blisters, minor cuts, injuries: assorted plasters, dressings, antiseptic wipes and cream, disinfectant cream, tweezers, duct tape, needles, cotton thread for draining, methylate (optional), small scissors for cutting plaster, syringe for cleaning.

Personal Kit:

Raincoat

Shirts / Shorts, longs

Swimming costume / Hat / Bennie

Undies / Socks

Hiking boots, good shoes + extra pair (flops)

Warm Jacket

Water Bottle and / or Water Bladder

Gas Stove / Eating utensils / Plates, Bowl

Kitchen cleaning stuff / Pen Knife

Sleeping equipment (sleeping bag ect) / Sleeping mat

Waterproof bags for Sleeping bag ect. (black bin bags can also be used)

Toilet Paper / Toiletries (tooth paste, toothbrush, soap, ect)

Torch and spare batteries / Whistle on your bag (in case of emergencies)

Personal First Aid Kit:

Any medication you may need, Basic blister kit, Sun block, Lip Ice, pain killer eg panado (2-4), other personal needs eg. antihistamine, asthma, all-purpose antiseptic e.g. small Zambuck tin, Put in Zip seal bag, elastic band it small.

Main thing: Travel Lite and Tight!

Practice taking less rather than more! This is the art of hiking! Start packing a week before you leave- it's not easy to get the weight down and the right stuff collected quickly! Your back pack, fully loaded (including water) must not be more than ¼ of your body weight.

Remember your share of food stills needs to be added to packs.

Please feel free to contact us with any query you might have. info@kznscoutadventure.org.za