

ALPS25 - JAMBOREE IN THE MOUNTAINS - PARTICIPANTS KIT LIST

v1.0 – Updated 09/10/2024

Large Kit essentials	Small Kit essentials	Optional and things to consider
Holdall (suggest between 80-110ltrs) (Not a suitcase)	Passport, GHIC card, travel details, ETIAS.	Money belt
Rucksack (no smaller than 35ltrs)	Personal Medication (& spares)	Cheap wrist watch
2-3 Season sleeping bag – the temperature goes down to around 10°C at night	Sun protection (sun screen)	Battery pack/Solar charger
Lightweight blanket – you may wish to pack a lightweight blanket to use at night or around the site in the evening	Sun hat	Cards, book, notebook, travel games etc
Cotton or Silk sleeping bag liner – so you can wash the liner if a bit stinky rather than the sleeping bag, also gives you added layer	Sunglasses	Baby wipes
Good sleeping mat (not a foam yoga mat)	Bug spray	Travel pillow for flights/coaches/trains
Pillow and Pillowcase – as with sleeping bag liner, allows for the pillowcase to be washed if needed	Camera (& spare batteries, SD card)	Cycle helmet for Mountain Biking – we will have a number of centrally provided helmets available for use, however if you wish to bring your own please do
Towels – 1 large and 1 smaller	Hand sanitiser	Climbing shoes – If you wish to bring your own
Underwear (including socks)	Torch (& spare batteries)	Padded cycling shorts
T-shirts	Containers to carry a minimum of 4ltrs of water – this could be a 2ltr platypus and 2 1ltr water bottles or 4 1ltr water bottles	Cycling gloves
Long-sleeved shirt	Wash kit	Glasses cord – to keep your glasses on your head when doing activities
Trousers	Small repair kit (sewing kit)	
Shorts	Personal 1 st Aid kit	
Walking Boots		
Walking Socks – recommend light to mid weight socks	Waterproof sandwich sized lunch box - (Tupperware like box)	
Comfortable shoes for travel and relaxing in		
Water shoes (not flip flops, crocs or ones that come off easily, etc)		
Waterproofs (Jacket and Trousers)		
Jumpers or Fleeces		
Swimming costume		
Clothes that can get wet		
Lightweight long-sleeved base layer		
How many sets of clothes should I pack? Your choice but you will need enough for two weeks of activities, with limited		Phones and other electrical items are permitted but there will be limited charging facilities

ALPS25 - JAMBOREE IN THE MOUNTAINS - PARTICIPANTS KIT LIST

v1.0 – Updated 09/10/2024

clothes washing facilities unless you hand wash.		and note roaming charges may apply
--	--	------------------------------------