

## Kit list for Camp Kernow 2022

The children will need a day bag which they will walk to Camp with. The children's main bags will be transported to Camp separately, so we don't have to carry them as we walk.

### Equipment

Sleeping bag  
Blanket  
Pillow  
Towel  
Torch  
Small daypack/rucksack  
Refillable water bottle  
2 x large plastic/reusable bags for wet/dirty clothes  
Lunchbox with packed lunch (for first day)

### Toiletries

Personal toiletries, including toothbrush and toothpaste  
Any personal medication needed  
Sun cream  
**\*Please do not bring aerosol deodorant as, if sprayed on canvas, it will cause the canvas to deteriorate**

### Clothing

Please bring sufficient clothing for the duration of your stay, bearing in mind you will be outdoors and the Cornish spring/summer can be unpredictable! Suggested clothing includes:

T-shirts  
Sweatshirts/fleeces/jumpers  
Trousers/tracksuits/shorts  
Underwear  
Socks  
Nightwear

### Outer layers

Warm jacket  
Waterproof jacket  
Waterproof trousers  
Hat and gloves (for night-time outdoor activities)  
Sun hat/cap

### Footwear

Walking boots/old trainers  
Wellies  
Trainers (for general life around the camp and climbing activity)

**\*Please do not bring any valuables. May we also request that you label all kit with your child's name.**