



Kit List

When exploring the outdoors, it is important to know what clothing and equipment you might need, in order to be safe and comfortable. This is especially true when you're leading a group of young people, so that you can brief them (and their parents) before the activity takes place.

It is a myth that you need expensive items to do this - however there's no getting around the fact that outdoor gear of any type, costs money. Some schools invest in a kit donation scheme - collecting items such as warm coats, wellington boots, and gloves. This can be the difference between some young people being able to take part, and having to sit the activity out/feeling embarrassed or unable to join in.

In addition to making sure you're kitted out for personal comfort and safety, it can also be helpful to take some additional items, in your role as leader of the group.

Items for individuals (leaders, and the young people)

Context will determine some items (you don't need wellingtons if you're in a dry woodland for example). However, the below will stand you in good stead for most scenarios!

- Appropriate footwear (wellingtons if it's wet; walking boots if it's muddy or rough ground; old trainers if they don't have boots/if it's just a bit muddy).
- Appropriate layers (warm jumpers and coats are a must in Scotland – even in spring and often in summer!).
- Charged phone
- Torch
- Hygiene bag
- Spare clothing/layers
- Food/snacks and a drink
- Midge repellent (if needed)
- Sunscreen (if needed)

Additional Items for Leaders

- Spare hygiene bag
- Spare food/snacks and drinks for a few young people
- Emergency contact numbers
- A shelter that could cover the group (e.g a tarp or emergency shelter)
- A first aid kit (and relevant training)
- Medical information and permissions
- Items for activities and games

