



### Overnight Kit List

Item	Comments
Uniform	Members of the 7 <sup>th</sup> Swansea should always arrive and leave in uniform
Waterproof coat	
Hat and gloves	With so much body heat lost through the head in winter a woolly / fleece hat is essential. To help prevent heat stroke a peaked baseball style is best for summer
Warm jumper or fleece	Even in summer, it gets cold in the evening.
Tee-shirts	Enough for duration of sleepover.
Trousers or shorts	Enough for duration of sleepover.
Underwear and socks	
Sleeping bag	Synthetic filled bags are easier to clean than natural filling. Zips can be a source of cold if no baffle is fitted
Pillow	You can always take an empty pillow case and fill it with clothes at night!
Roll mat or airbed	Keeps you off the ground at night, and therefore warmer (leaders will not be responsible for pumping them up, so if brought, either the owner is responsible for pumping them up, or self inflating).
Blanket (if required)	Placed between a sleeping bag & sleeping mat this can help keep you warmer.
Nightwear	Even in summer it can get cold at night. It is important that day clothes are not worn at night
Small teddy	If required
Wash kit (flannel, soap, toothbrush, toothpaste)	Keep in a waterproof bag. Using soap and toothbrush containers is a good idea to keep everything separate.
Towel	
Medication	Must be included on sleepover information form and given to Leaders on arrival at event
Rucksack or holdall	No suitcases
Plastic bags for dirty washing	
Named refillable drinks bottle	Make sure it's leak proof. Never take fizzy drinks. If it's cold don't carry on the outside of your bag
Spare trainers	
Book, comic or quiet game	
Sun cream	Important in summer and winter depending on the weather
Small torch	Head torches are increasingly popular. Do not pack your torch with batteries fitted (or at the bottom of your kit) as it could easily get accidentally turned on and you will arrive at the sleepover with flat batteries.