



ADRENALINE JUNKIES

GEAR LIST



All items should be clearly marked with your name!

Please note that personal items (including valuables) are not covered by the Scout Association insurance policy and should be covered by family insurance or special insurance.

LUGGAGE

1x	Tramping Pack or Soft Sports Bag	
1x	Day Pack (No Single Shoulder bags - best to have waist strap if possible)	
	Plastic bags or dry bags for wet / soiled clothing	

SLEEPING

1x	Camping Tent (See venture.scouts.nz/tenting for specs)	
1x	Sleeping Mat or Stretcher	
1x	Sleeping Bag	
1x	Sleeping Bag Liner	
1x	Pillow with pillow case	
1x	Blanket - Optional	

FOOTWEAR

1x	Sneakers or Urban shoes	
1x	Jandals/scuffs/thongs (whatever you call them)	
1x	Tramping Boots	
1x	Beach feet (optional)	
1x	Gumboots (optional)	

REQUIRED CLOTHING (recommended amounts)

2x	Thermal set - Long sleeved tops and pants	
1x	Warm woollen Jumper or Fleece Jacket	
3x	Long trousers or trackpants	
3x	Shorts (Quick dry if possible)	
4x	T-Shirts (Quick dry if possible, 1x Merino or polyprop preferably)	
2x	Long Sleeved Shirt	
5x	Socks (At least 2 pairs of woollen or thermal)	
5x	Underwear	
1x	Gloves (optional)	
1x	Pyjamas / Sleeping Attire	
1x	Sunhat	
1x	Sunglasses	
1x	Swimming togs	

EXTREME WEATHER

1x	Rain Coat (Seamsealed)	
1x	Waterproof over trousers (Optional)	
1x	Beanie	

PERSONAL ITEMS - TECH

1x	Headlamp	
1x	Spare Batteries	
1x	Phone (highly recommended and should have data available)	
1x	Charging Cable	
1x	Battery Pack (optional)	
1x	Camera (optional)	

PERSONAL ITEMS - BATHROOM

1x	Medications (Clearly named and with administration instructions)	
1x	Personal First Aid Kit (including a survival blanket)	
1x	Tooth brush and Tooth paste	
1x	Deodorant	
1x	Shampoo / Conditioner	
1x	Soap / Body Wash	
1x	Insect Repellent (optional but recommended)	
1x	Sunscreen (SPF 50+)	
2x	Towel	
	Sanitary products if required	

PERSONAL ITEMS - FOOD RELATED

1x	Camping Plate, Bowl, Cup, Fork, Knife, Spoon	
1x	Ditti Bag (used for holding all your plates etc	
1x	Drink Bottle 3 Litres total (Can be split across two bottles or a bottle and a bladder)	
1x	Tea towel	
1x	Packed Lunch for the first day or money to buy food at Tākina	
1x	Lunch Box (Optional)	

OPTIONAL EXTRAS

1x	Tissues	
1x	Lip Balm	
1x	Pack of cards or a small game	

EXPEDITION SPECIFIC

1x	Pocket Knife (Optional)	
1x	Sneakers / Running shoes that will get wet (additional to previously mentioned footwear)	
1x	Polar Fleece shirt	
1x	Polar Fleece pants	
1x	Polar Fleece Beanie	
1x	Gaiters (Optional)	
1x	An extra set of Thermals that will get wet	
1x	Beach feet	
1x	Tramping Boots	
1x	Wetsuit (Optional if you have one - fine if you don't)	

PHASE TWO

1x	Extra T-Shirts, Shorts, Pants	
1x	Extra Swimming Togs (Optional)	
1x	Costumes for themes (Rock the Block, Dystopia, Lost Realms, Wild West, Neon) Optional	
1x	Spending Money	
1x	Washing powder (Optional - If you wish to wash clothes onsite)	
1x	Clothes Pegs (Optional)	
1x	Washing line cord or paracord (Optional)	
1x	Folding camp chair (Optional)	
	Spending money - cash or eftpos/debit card	

PLEASE LEAVE AT HOME

Drones

Scout Uniforms

If you have any questions please get in touch by **BAND**
or by emailing ex.adrenalinejunkies@venture.scouts.nz