



BIVOUAC 2012

ACTIVITY WEEKEND KIT LIST

EQUIPMENT

YOU MUST WEAR YOUR UNIFORM TO TRAVEL IN.

Uniform (to travel in)		Bin bag (with name on)	
Activity Clothing		Soap and small towel	
Boots		Toothbrush and paste	
Hat		Sleeping Bag	
Gardening Gloves (fit small hands)		Carry mat or Therm-a-rest	
Waterproof Jacket		Orange survival bag	
Waterproof Trousers		Plastic Cup	
Windproof Jacket (e.g Fleece)		5 ltr Plastic container (and water for drinking)	
Complete change of clothes		Knife belt pouch	
'Medium' dressing pad bandage (12 x 12 or size 8)		Knife (e.g Swiss Army or folding knife)	
Matches (1 small box)		Small belt pouch (e.g. camera type case) To store gloves, bandage, survival tin etc.	
Combat Survival Tin (11x8x3mm). Can contain compass, candle, firelighter (manganese block and saw), fishing set, knife, matches, cotton wool, pencil, sewing kit, commando saw, whistle, brass wire, water tablets, safety pin & paper.			

Notes: The 'medium' dressing pad bandage can be purchased from www.redcross.org.uk item number FFP1216.

FOOD

MUST BE RAW. NO PROCESSED, TINNED OR PACKETS

Water in a 5 ltr. plastic container		Corn on the cob, Sprouts, Carrots, Courgette,	
Chicken, Pork, Lamb or Beef		Cabbage leaves or Lettuce Leaves	
Slices of bacon		Mushrooms, Onion, Tomato, Cucumber, Peppers (red or green)	
1 whole fish (gutted) – trout or mackerel		2 large potatoes	
2 eggs		Flour & Salt for Bannocks or Twists	
Apples, pears, strawberries or blackberries			

All polystyrene and cardboard packaging must be removed and replaced with cling film.

BOOKS worth reading

- SAS Survival Handbook by John 'Lofty' Wiseman,
- Living Wild by Bear Grylls,
- Scouting for Boys by Robert Baden Powell
- The First Aid Manual

The Scout Association County of Birmingham

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