

## ACTIVITY WEEKEND KIT LIST

- for all Training and Assessment participants
- Junior Leader and Junior Staff have separate kit lists

### Required Kit

You need all of the kit in the table below, required for the safe completion of the activity. We check you have all these items when you arrive.

<b>Top half Uniform</b>		<b>Bin Bag</b> (named, for uniform storage)	
<b>Tough trousers</b> (no shorts) & <b>belt</b>		<b>Sleeping Bag</b>	
<b>Shirt or Tee-shirt</b>		<b>Non-inflatable Rollmat</b> / Insulation	
<b>Windproof / Warm Jacket</b> (e.g. Fleece)		<b>Orange Survival Bag</b> (£3.50 / Amazon)	
<b>Waterproof Jacket &amp; Trousers</b>		500ml <b>Drinks Bottle</b> (used pop bottle)	
<b>Walking Boots</b> (to be worn)		5ltr <b>Water Container</b> (& drinking water)	
<b>Hat / Gloves</b> (for warmth)		Swiss Army style <b>Penknife</b>	
<b>Leather Gardening Gloves</b> (that fit you)		<b>Knife Pouch</b> (for keeping knife on belt)	
<b>Total change of clothes</b> (sealed in bin bag)		<b>Small Belt Pouch</b> (e.g. camera case) - for gloves, bandage, survival tin etc.	
<b>'Medium' Dressing Pad</b> (aprx 10x10 cm)*		<b>Personal Items</b> (e.g. inhaler / glasses)	

\* Training Award participants shall be supplied with a "Medium Dressing Pad" and "Survival Tin".

### Survival Tin

Training Award participants shall be supplied with a basic Survival Tin. Assessment Award participants must personalise and bring the one they were supplied with during their Training. You can bring anything you want - as long as it fits in the tin and is not on the contraband list.

### TIN MUST CONTAIN

<b>Whistle</b> (try making your own as a gadget)		<b>Candle(s)</b> (for fire lighting)	
<b>Fire Striker</b> (manganese block & saw)		<b>Cotton Wool Balls</b> (for fire lighting)	
<b>Pencil</b>		<b>Commando / Wire Saw</b>	

### OTHER SUGGESTIONS FOR TIN

water purification tablets		safety pins	
sewing kit		brass wire	
mini light stick		personal notes / instruction sheet	
button compass		location dye capsule	
waterproof matches		signal mirror (polished lid)	

### Additional Kit

You may bring the following items, should you want to (or your mum makes you).

A <b>Watch</b> (highly recommended)		<b>Toothbrush &amp; paste</b>	
A change of <b>Socks &amp; Underwear</b>		<b>Soap &amp; small towel</b>	
A change of <b>Shirt or Tee-shirt</b>		<b>Plastic Mug</b>	
Pocket <b>SAS Survival Guide</b>		<b>Matches</b> (1 small box)	

### Contraband Kit

Bivouac is a survival exercise. You MUST NOT bring the following items; you can survive 36 hours without them and bringing them may result in you being sent home. Your kit will be searched for these contraband items, as well as items you need ...

No <b>Torch</b>		No <b>Fixed Blade</b> or <b>Locking Knife</b>	
No <b>iPod / MP3 player</b>		No <b>First Aid Kit</b>	
No <b>Phone</b> (instant fail)		No <b>Cutlery &amp; Crockery</b> (mug allowed)	
No other <b>Electrical Equipment</b>		No <b>Tin Foil</b>	
No additional <b>Wash Kit Items</b> *		N.B. Female Sanitation Items <b>are allowed</b>	

## General Notes

If it is not on any of the above lists, you probably don't need it, but if you have any questions of concerns, please contact us on [bivouac@birminghamscouts.org.uk](mailto:bivouac@birminghamscouts.org.uk).

We have seen everything from hail and snow to blazing sunshine (sometimes on the same weekend). Please bring enough warm clothes. However, you will be pushing through brambles and ferns, lighting fires and building shelters - an expensive down jacket will last about 10 min - please bring hard wearing clothes that you don't mind accidentally damaging.

## Pen Knife

We recommend the "Victorinox Camper Knife" for the Bivouac activity. If you choose an alternative penknife, please consider the following points.

- It must have a non-locking, folding blade, length less than 3 inches in length
- It needs to have a sharp, pointed blade (not the style DofE curved end / blunt tip)
- A penknife is better than a multitool or Leatherman - these tend to cause blisters

## Online Shopping Links

At the point of creating this document, these websites offer the best prices for the following items.

- **Casio Classic Analogue Watch** (Model: MQ-24-7BLL) / <http://bit.ly/2l0Bz96> / £4.99
- **Casio Classic Digital Watch** (Model: F-91W-1YER) / <http://bit.ly/2l0ydTG> / £6.79
- **Orange Survival Bag** / <http://amzn.to/2lKczjG> / £3.50

Please note - these items are completely outside the control of Birmingham County Scouts and subject to change without notice. Likewise, we cannot be held responsible for information contained within external websites.

## Books worth reading ...

Over the years, these books have been used as reference and inspiration for all Bivouac award levels. We are not suggesting you buy them, but perhaps you could borrow them from your library.

- *Scouting for Boys* by Robert Baden Powell (Multiple Prints)
- *The SAS Survival Handbook (Hardback)* by John 'Lofty' Wiseman (1996)
- *Living Wild: The Ultimate Guide to Scouting and Fieldcraft* by Bear Grylls (2010)
- *Essential Bushcraft* by Ray Mears (2003)
- *Trees (Collins Gem Pocket Book)* by Alastair Fitter (2012)
- *Food For Free (Collins Gem Pocket Book)* by Richard Maybey (2014)
- *The First Aid Manual* by Dorling Kindersley (2016)

You can bring this book (or earlier editions) on the activity:

- *SAS Survival Guide (Collins Gem Pocket Book)* by John 'Lofty' Wiseman (2015)