

**SUGGESTED THINGS IN THE CAMP:**

- Full uniform - shirts, trousers/skirt, socks, scout tie
- Tent, sleeping bag, mat
- Hiking boots
- Utensils for eating
- Sweater, jacket (could be cold in the evening)
- Long trousers, shorts
- Swimsuit
- Underwear
- Hat or other headwear
- Sunscreen, sunglasses
- Raincoat
- Summer shoes, clothing
- Personal hygiene items - toothbrush/toothpaste, soap, shampoo
- First aid kit
- Flashlight with extra batteries
- Bottle for water
- Mosquito spray
- Medicines (if needed)
- The flag of your region