

# Easter Camp 2011 - Kit List

All kit listed below WILL be required at camp. Ensure you talk to your staff for any kit you require in plenty of time before camp.

## Packing

All kit MUST be packed in ONE BAG/SUITCASE ONLY. There is not enough room on the coaches for extra bags, however, sleeping bags can be carried on as hand luggage.

## Kit Guidance

For guidance on kit we have supplied overleafe brief details on quality and type of equipment needed and more importantly what kit not to bring.

Item	Quantity	Owned	Packed
<b>General Clothing</b>			
Beret	1		
* CS95 DPM Shirt	2		
* CS95 DPM Trousers	2		
* CS95 DPM Jacket	1		
* Base Layer	2+		
* Warm Mid Layer	1+		
* Belt	1		
* Socks	enough for the week		
* Waterproof Jacket	1	any kind!	
* Waterproof Trousers	1	any kind!	
* Boots	1		
* Elastics/Trouser Twists	1		
* Underwear	enough for the week		
<b>Sports Kit</b>			
Trainers			
Shorts			
T-Shirt			
Tracksuit Bottoms			
Socks			
<b>Cleaning Kit</b>			
* Black Polish			
* Boot Brushes			
<b>Wash Kit</b>			
Shampoo			
Soap/Shower Gel			
Flannel			
* Toothbrush			
* Toothpaste			
Deodorant			
Shaving Kit (if needed)			
Flip Flops			
Comb/Brush			
Towel/s			

Item	Quantity	Owned	Packed
<b>Other</b>			
* Notepad and Pen			
* Sleeping Bag			
Sleeping attire			
* Spare Laces			
Sewing Kit			
* Basic First Aid Kit			
Suncream			
* 3822 Log Book			
Alarm Clock			
Spending money			
Civilian clothing			
Padlock			
* Own Medication			
Warm clothing (thermal top)			
Watch	1		
<b>Kit Needed for Exercise</b>			
Basher Kit			
Tent pegs			
Paracord/ Bungees			
Roll Mat			
Mess Tin Set			
Spoon			
Cup / Mug			
Bergen / Rucksack			
Waterproof Lining			
Torch			
Compass			
Cam Cream			
Plastic Bags			
Hat			
Gloves			
Toilet Roll/Tissues			
Whistle			
Water bottle			

Items marked with a \* above will also be required on the exercise

### Do not Bring

Large 5/6-cell Maglight torches  
 Cylume/Glow sticks  
 Tie-Wraps/Plasti-cuffs  
 Multi-tools or Pocket knives  
 Personal stoves

## Easter Camp 2011 - Kit List accompanying notes

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*The following notes have been prepared to help and advise cadets (And STAFF) of the appropriate kitting required for Easter Camp 2011. This will be issued in the Information pack which will be issued early in 2011.*

### CS95 DPM Shirt & Jacket

DPM Dress Badges & Insignia for Combat Soldier 95 (CS95) jacket and shirts are to be worn with the following standard insignia.

- a) If owned and not pre sewn on to the uniform. The union flag emblem is to be positioned centrally 5cm below the shoulder seam on the left arm.
- b) The embroidered AIR CADET identity patch is to be affixed centrally and immediately above the right hand breast pocket of the CS95 field jacket and shirts only.
- c) The ATC Tactical Recognition Flash (TRF) is to be worn by all ATC Cadet personnel on the CS95 jacket and shirt. The TRF is to be sewn centrally on the right sleeve with the top edge 7.5cms below the shoulder seam; the centre of the TRF runs inline with the crease of the sleeve.

Embroidered name badges are not to be worn on CS95 uniform. VRT Officers should wear the appropriate RAF insignia.

### Base Layer

Thin clothing layer worn under the DPM Shirt. These can be a standard cotton T-Shirt or the newer style issue of micro fibre shirts in either green or brown in colour preferably. It is designed to be the first layer of clothing in your body's defence against cold, heat, moisture, etc. It is designed to remain dry by either wicking, repelling, or allowing moisture to pass through to another absorbent layer.

### Warm Mid Layer

The Mid layer is designed as an insulating layer in cold weather conditions. For this layer, you can wear anything from a sweater, a turtleneck, or an insulating jacket designed to keep you warm or comfortable. There are a number of mid layers that cadets can wear including a fleece, Norwegian Army Shirt or thermal jacket preferably in Green, DPM or dark in colour. Most Mid layers can not to be used as the outer layer whilst in Camp or on the Barracks. If not owned then any appropriate warm mid layer can be used i.e. jumper. For maximum warmth, multiple thin mid layers can work better than one thicker layer. Whatever you choose, make sure that what you wear will keep you warm, as **this layer is essential**.

### Socks

Thick wool type not football nylon type. Normally 2 pairs worn for comfort and prevent blisters. Enough pairs required for the period of camp. No main stream washing facilities available at the camp.

### Waterproof Jacket & Trousers

Preferably DPM style either the older rubberised coating jackets and trousers or new GorTex issue however any waterproof jacket or trouser can be used. Should be a mid weight jacket (Waterproof) providing a good level of protection against the wind and rain as opposed to light weight jackets (rainproof/showerproof) which are only suitable for summer walking and light showers. Preferably a more modern breathable material allowing moisture to escape from inside the jacket and prevent heavy prolonged rain outside getting in but any jacket and trouser that protects you from the elements will do.

## Boots

Black combat boot style full height leather. Traditionally a DMS (Directly Moulded Sole) black leather military boot providing support, waterproof and durability over rough terrain. Today a number of other boots available on the market giving lightweight and GorTex options as well as extra comfort. No ankle boots, black shoes or trainers as they are not appropriate footwear for exercise.

## Sleeping Bag

Cadets will be sleeping outside over night for one or two nights of the camp. Temperatures around the Easter period vary but at night can fall as low as 2-3°C.

A number of sleeping bags are available from many stores but vary in quality and purpose fit for. The top tips for sleeping bag selection are:

- Decide what the lowest temperature is that you are likely to encounter. Choose a bag that will perform to this temperature (and ideally a little below for extra peace of mind).
- Synthetic bags tend to be cheaper and easier to clean than down bags. They also provide reasonable insulation when wet, and they dry out more quickly than down bags.
- Down bags provide the best warmth to weight ratio, compress smaller and will last longer than synthetic bags but are more expensive.
- A mummy style sleeping bag which covers the shoulders and head trapping heat in will provide the most efficient insulation compared to a rectangular bag which will give more space to move around in but also loses heat quickly.
- A sleeping bag is no good if you don't have insulation from the ground; use a suitable mat to get the most from your bag.

***A Basic Argos rectangle style sleeping bag is not sufficient and the bag should be at Minimum 2-3 season sleeping bag.***

### *Comfort Ratings / Season Rating*

A sleeping bag's temperature or "comfort" rating tells you the lowest temperature the bag is designed for. A bag described as a +20 means you should remain comfortable if the air temperature drops no lower than 20°C. If there is no comfort rating you must assume that the sleeping bag is more suited to summertime camping.

A sleeping bag's "season" rating tells you a broader seasonal rating to give you an overall idea of the bags intended use based on typical UK conditions:

- One Season bags – Basic Summer bags designer for use in warm weather or indoor use.
- Two Season bags – General purpose bags for use from late Spring through into the early Autumn.
- Three Season bags – Spring / Summer / Autumn bags for use down to freezing point and just below.
- Four Season bags – Winter sleeping bags for use at low temperatures and in harsh conditions.
- Four Season plus / Five Season bags – Specialist bags for expedition use, these are probably too warm for most activities in the UK.

## Roll Mat

Fold up or roll style kit mat to insulate you from the ground while sleeping. No camp beds are to be bought to camp.

### Basic First Aid Kit / Own Medication

All cadets are required to bring a basic personal first aid kit. As well as plasters, safety pins and dressings as it is a personal first aid kit you can pack your own medication that you may require from paracetamol to prescription medication. These items are for your own personal use and not to be shared. Please inform camp staff of any prescription medication you are taking for anything in your consent forms and arrival to camp if there are changes.

### Spending Money

Do not bring excessive amounts of money to camp. There is a tuck shop on site open during the evenings of your week with drinks and sweets available. Please assume that no cash machines are available. All money held and valuable items are your own personal responsibility.

### Civilian Clothing

A small amount of civilian clothing is required for use in the evenings during your own down time. Pack conservatively with space in luggage at a premium for your camp kit.

### Padlock

Preferable combination style lock to minimise the loss of keys. If you bring a traditional style key padlock ensure a spare key is handed in to the camp admin office in a sealed envelope with your name on it at the beginning of camp. Failure to do so will result in padlocks being cut with a bolt cutter if you lose your key.

### Watch

A mobile phone is not a suitable replacement for a watch and mobile phones are not allowed during working hours of the camp. All cadets should have at a minimum a basic watch to tell the time.

### Basher Kit

Poncho or new style Basher required by all cadets. Kit should also include Tent Pegs, Bungees and /or String for construction of the Basher

### Bergen / Rucksack

Big enough to hold all items required for exercise – 55 litres minimum and must be able to fit spare cloths, food, cooking equipment, basha kit and sleeping bag inside. Small school bag style rucksacks or string bags are not sufficient. (we suggest that if the Bergen/Rucksack is not used to bring kit to camp that it should be folded flat and carried in the suitcase) Again preferable colours are DPM, Green or Dark colours but not essential!

### Waterproof Lining

For use in the rucksack. Thick black bag bin liner and spare to store all equipment inside the rucksack to prevent anything from getting wet. This is required even if you think your rucksack is waterproof!

### Torch

Small torch required for night time work. Head torches small flash lights with either LED or bulb are suitable with spare batteries. 5/6 cell maglights are NOT allowed on camp.

### Water bottle

1 – 2 Litre minimum water bottle is required. Plastic coke/squash bottles or similar are not suitable replacements.