

YOUTH TEST - KIT LIST

KIT

YOUR YOUTH CARD (which must be presented to the steward on arrival at site or you will not be able to do your youth test),

FUNDAMENTALS BOOK & your ST JOHNS FIRST AID BOOK

2 COPIES OF YOUR WEEKEND MENU, One for you and one for your tester.

A rucksack, tent (inc pegs & hammer) and you are allowed one small piece of hand luggage.

If you are using a pop up tent, this can either be carried as your one piece or attached to your rucksack. If attached to rucksack it should be secured to the top half and not be left swinging from the bottom as this will put unnecessary stress on your back.

Make sure everything you pack for the weekend has a purpose. Scale everything down and only take what you need. It's not a fashion show but you will need to allow for the typical British weather being either sunny & hot or wet & cold. You will need at least one second set of clothes in case of wet weather. NOT jeans, as these will not dry once wet. Leggings, jogging pants or walking trousers are ideal as they are lighter in material & easier to dry and spare socks. If your clothes become wet, you must change, your health is important you will become poorly if you persist in wearing wet clothing or worse still sleep in wet/damp clothes.

The following items should be easily assessable within yr rucksack as these will be the first things that you will need on arrival as you set up your tent.

- Torch - preferably a head torch so both your hands are free when pitching (Remember depending what time you arrive Friday, it could be dark or even wet!!)
- Compact sleeping bag & roll out mat
- An inflatable pillow or you could use your rucksack & a hoodie (to save space)
- A collapsible fire bucket. **This must be kept filled outside yr tent at all times.**
- Your waterproof rain coat

Always fully peg out your tent and guy ropes. If in the daylight of Saturday morning you are not happy with the position of your tent, your tester would be very impressed to see you move your tent into a better position. It might be that at some point over the weekend the wind/rain changes direction & blows into yr doorway, and this will make your cooking & living arrangements difficult... So to save time in the end long run, you might want to consider turning it round - it will only take a few minutes to do but be sure you fully re peg and put out yr guy ropes again

CLOTHES

- Waterproof rain coat & hoodie
- Underwear, socks, (inc walking/warm socks)
- Light clothing t-shirts/jumpers that can be used to layer up or down DEPENDING ON WEATHER!!
- Walking trousers or leggings NOT jeans
- Walking boots and a second set of footwear ie: trainers
- A baseball cap(comes in handy for all weather but especially if it's raining, as this will keep the rain off your face while cooking)
- Tooth brush & tooth paste, and any other toiletries
- A black bag for packing up of wet clothes & kit

COOKING STOVE & UTENSILS

- Your preferred choice of stove its fuel and a spare fuel can. Ensure you know why this is your chosen stove its advantages and any disadvantages. Also be knowledgeable of alternative stoves(Read fundamentals book)
- Any pegs that are needed to secure stove firmly to the ground, the stove **MUST NOT** be able to tip over... Your safety is very important!!!...
- A collapsible windbreaker. These can either be bought or simply made with metal kebab skewers and a thick piece of material/plastic
- A pan set, Can opener(if required), Sharp knife for prepping your meals(Wrapped carefully in your kit so not to hurt yourself) - A drawstring toiletry bag is good for keeping utensils, knives, cutlery and matches both safe and dry
- Plate(If you bring a plastic one, this could double up as a chopping board for your veg), Cup(thermal would be better) & cutlery
- Matches in a waterproof container or wrapped in foil
- Collapsible washing up bowl, you can buy these, or simply a thick bag(check there's no holes), rolled over at the top 3 times & into a bowl shape will suffice
- Small container of washing up liquid, only enough for weekend
- Small container of cooking oil, only enough for weekend
- Green pan scrub & T towel and 2 carrier bags (one for rubbish and one extra as a spare, they have many uses)

FIRST AID

(See fundamentals Book for list of items that your first aid kit should include)

- Read and understand the St John's first aid book. The questions you will be asked will be from the information in this book.
- Feel free to talk to your tester about any first aid experiences you have had, any other training or have you ever received first aid or given first aid to others

MAP READING

- A compass, if you have one - if not the tester will have one you can use
- Everything you need to know is in your fundamentals book
- It would be useful to do some extra homework on this with a relative/friend that has some understanding of maps as this will be a big help to you. Make time to look at an ordinance survey map, alongside the information in your fundamentals book.
- Your test will include a walk to a nominated point on a map from the campsite and back

FOOD

- Your main meal on Saturday has to include a meat and 2 veg. If you are vegetarian, an alternative plus veg. A warm pudding should also be prepared
- Tester likes to see you make warm drinks, even maybe offer to make the tester a drink!!..... That always goes down well
- Bring a bottle of water for over the weekend, this can always be refilled from the tap on a warm day and you may need a drink while out on your map reading walk
- A fold up kneel mat for cooking is always useful, keeps you off the wet grass and is more comfortable for sitting on whilst eating
- Your menu should be well laid out & easy to read... (See below for an example)

Friday night

Supper Hot drink and a snack

Saturday

Breakfast Bacon & Egg Sandwich with ketchup and a hot chocolate
Fill flask with hot water for a mid morning drink

Lunch Pasta & Sauce, yogurt, cookie and a cold drink

Tea Spaghetti Bolognese (Mince, onion, mushroom, tomatoes, sauce)
Grated Cheese over the top and a cup of tea
Muller Rice, warmed in a pan with a spoon of jam
Fill flask with hot water for a hot drink before bedtime

Supper Hot drink with water boiled from teatime and a biscuit

Sunday

Breakfast Scotch Pancakes with honey and a cup of tea

Lunch Cheese Sandwich, Banana and a hot chocolate

Snacks

Pot noodle, crisps, apple and biscuits

Extra information:

- Sat tea pudding should be warm to show cooking skills off to their best)
Add custard (packet-add boiling water) to a piece of cake or banana OR Cook a banana or apple, add honey or sugar for another idea
- Add an egg, sliced mushrooms, or tomatoes or beans to your breakfast sandwich to make it more tasty filling

- Remember to make yourself enough food at meal times because you don't want to go hungry
- Food quantities, only bring what you need for your meal, there's no point over cooking. Cook whatever portion your happy eating. Your tester may like to taste your food to check its warm and cooked properly.
- Bring fresh produce, ie one carrot, half an onion, 2 mushrooms. A portion or mince or chicken. You could bring your meat frozen, this will help to keep any other dairy products or milk cold. Ensure its defrosted before cooking at teatime though.
- Precooked noodles can be used to bulk out your meal or a small portion of rice, but again only bring what you need, not the whole packet, unless you have a huge appetite and plan to eat the whole packet!!
- Add salt or pepper to taste or spices if making a curry. Look out for salt, pepper and ketchup sauce packets like the ones from McDonalds'. There good for bringing on the test. Dry Soup packets make good sauces for mealtimes too or for hot snack drinks
- Bring a small amount of sugar, if you like your tea sweet.
- A small flask can be useful for filling with hot water for use in between meal times or you might want to fill a small hot water bottle for bedtime..... shushhhh, don't tell anyone!!!!... It's your test weekend...
- A small flask of milk, make sure you can keep this as cool as possible.. Nothing worse than off milk in your drink Sunday morning. An old children's material lunch box is good for keeping dairy things cool. Add a small cool pack or bring your meat for Sat tea frozen... This will all help!!
- Keep hot pans off the grass.... Bring at least 2 pieces of ply wood to stand your pans on or you can buy silicone mats cheap at places like home bargains
- **You must keep all utensils and food off the grass, this is not hygienic** Use a heavy duty bin liner for your clean utensils & food area and peg this down with mushroom pegs to keep your cooking area clean and tidy. See layout example below.

ALWAYS WASH HANDS BEFORE STARTING TO COOK

