

Leaders' Walking Weekend – Lake District

Additional Information and Kit List

Coronavirus

Plans for the weekend are subject to advice from Scouting HQ regarding Covid 19 which we will follow. If we are required to cancel then full refunds will be given.

Food and Accommodation

The St John in the Vale Centre offers indoor accommodation for up to 26. Sleeping is in bunks with mattresses and pillows provided but you will need to bring your own sleeping bags. A full kit list is shown below.

All food for the weekend is provided for in the price from Saturday morning breakfast to packed lunch on the Sunday. Please note there is no food provided on the Friday or Sunday evenings due to the different times people are likely to arrive and leave.

Plates, bowls etc are provided at the hostel, but participants will need their own sandwich box and drinks bottle for their packed lunches.

Catering is provided by a small and dedicated service crew. Please let us know on the booking form of any special dietary needs.

Kit list for walkers

Clothes to walk in: <ul style="list-style-type: none">• Waterproof jacket and trousers• Walking boots/shoes• Base layer x 2 (1 for each day)• Mid layer fleece/jumper x 2 (one spare)• Walking trousers (not jeans)• Walking socks x 2 (1 pair for each day)• Hat, gloves and scarf• Insulated jacket (optional)• Gaiters (optional)	Stuff to carry when walking: <ul style="list-style-type: none">• 25-40 litre day rucksack• Sandwich box/bag for packed lunch• Drink (minimum of 1.5 litres)• Torch/headtorch with spare batteries or a second torch• Compass (optional)• Personal first aid kit• Survival bag• Whistle• Spare warm clothes• Face mask <p>(All kit to be in drybags or a rucksack liner to keep dry)</p>
Kit for back at base: <ul style="list-style-type: none">• Sleeping bag• Pyjamas• Wash kit• Towel• Changes of clothes• Lightweight footwear	