

Lightweight Camp Wash kit

This resource can help with the following areas:

- Stage 4: I know how to pack a rucksack for weekend hikes.

Being able to wash yourself on a lightweight overnight hike is important for your personal hygiene. Often Scouts will either bring a full wash kit or they will bring nothing, both are wrong.



Here you will see a simple light wash kit, weighting 202 grams

- SOAP - either a sliver from your own bathroom or a small bar from a hotel room
- TOOTH BRUSH - a travel type (you could even use an old one of your own and cut off some of the handle)
- TOOTH PASTE – get a travel size from a pharmacy, you could also squeeze some toothpaste onto tin foil or cling film for single use
- MOUTH WASH – again, get a travel size one
- DEODORANT - You will be sweating with hiking and synthetic baselayers
- J-CLOTHS – just the same as facecloths

Wash kit tips:

J-cloths: j-clothes are just as good as flannel face cloths, but they are much lighter.



Soap: gather up the last piece of soap from the bathroom at home. This will provide an excellent lightweight way to wash your hands. Make sure to wash your hands regularly.



Toilet roll: Also, when the toilet roll at home is nearly done, and there is just enough left for yourself for a weekend, squash it down and pop it into a zip lock bag.

