

PERSONAL EQUIPMENT LIST

- _____ Pack
- _____ Pack cover
- _____ Sleeping bag in waterproof stuff sack
- _____ Sleeping pad (foam or Therma-Rest)
- _____ Heavy socks (2 pair – wool or synthetic)
- _____ Sock liners (2 pair – polypropylene or similar)
- _____ Hiking boots or sturdy shoes
- _____ Hat or cap
- _____ Bandana
- _____ T-shirts (2 including troop activity shirt)
- _____ Underwear (2)
- _____ Hiking shorts
- _____ Long pants (synthetic or warm-up type, not jeans)
- _____ Rain gear (poncho or rain suit)
- _____ Bowl (plastic)
- _____ Spoon
- _____ Cup
- _____ Water bottles (2 1-liter)
- _____ Pocketknife (Totin' Chip ?)
- _____ Flashlight or headlamp
- _____ Compass
- _____ Sunscreen
- _____ Lip balm/chapstick
- _____ Toothbrush and toothpaste
- _____ Soap (biodegradable)
- _____ Small towel
- _____ Matches in waterproof container
- _____ Personal first aid kit (see p. 289 of Scout Handbook)
- _____ Zip-lock bags (1 gal. or 2 gal. size)

For cold weather, add:

- _____ Long-sleeve shirt
- _____ Long underwear (1 pair)
- _____ Gloves/mittens
- _____ Warm jacket (insulated or polar fleece)
- _____ Stocking cap

Optional:

- _____ Watch
- _____ Camera
- _____ Notebook
- _____ Pencil/pen

For more information, refer to Chapters 8 and 9 of The Boy Scout Handbook.