

## PERSONAL CAMPING GEAR CHECKLIST

*Target pack weight = 25%-30% of bodyweight*

The Scout TEN BASIC ESSENTIALS

1. **Personal First-Aid Kit** (latex free in Ziploc)
  - Band Aids (6 assorted)
  - 3" x 3" gauze pads 2 ea.
  - adhesive tape sm. roll
  - 3" x 6" moleskin
  - alcohol sanitizer gel
  - antibiotic ointment & hydrocortisone (sm tubes)
  - Benadryl, Advil, & Tylenol
  - Scissors & Tweezers
  - Disposable gloves
  - CPR breathing barrier
  - Pencil/pen & notebook or paper
2. **Pocket Knife**
3. **Extra Clothing**
4. **Rain Gear** (pants, jacket w/zipper pits, hat)
5. **Water Bottle**
6. **Headlamp / LED lantern**
7. **Trail Food**
8. **Matches / Fire Starter**
9. **Sun Protection** (SPF30+ clothes & lotions)
10. **Map & Compass**

### OTHER ESSENTIAL PERSONAL GEAR

- Basic Clothing:
  - LtWt base layer wool top & pants
  - 3 poly underwear, zip-off scout pants & nylon shorts.
  - 2 Shirts (SS synth) 1 Shirt (LS nylon SPF 30+)
  - 3 pr wool hiking socks, 2 pr sock liners
  - Hiking boots (match to trail), LtWt camp / water shoes
- Backpack w/rain cover & LtWt daypack
- Sleeping gear bag, ground cloth, pad, pillow,
- Eating Kit of bowl/plate, cup, utensils
- Cleanup kit of soap, deodorant, razor, comb, camp towel(s), Tooth brush paste & Dental floss, chapstick

### OPTIONAL PERSONAL GEAR

- Winter Clothing Adjustments
  - LtWt wool top & pants for sleep
  - Heavy base layer wool top & pants
  - Wool gloves or mittens, skull cap
  - Heavy polar fleece jacket, heavy
- hammock – if over 1<sup>st</sup> class rank
- Insect repellent
- Personal medications, Claritin, Pepto, Calcium
- Camera
- Watch
- Swim shorts, lined
- Fishing pole & gear
- Bible, testament, or prayer book per your faith

## GROUP CAMPING GEAR CHECKLIST

*Equipment divided: appropriate weight per person.*

- Troop first aid kit
  - Tents, ground cloths, & stakes
  - Dining fly/tarp & stakes
  - 50-foot nylon or para cord(s)
- Cook Kit
- Stove(s) & fuel
  - Lighters, matches (in ZipLocks)
  - Pots & pans (match to menu & dishwashing)
  - Spatula, spoon, ladle (match to menu)
- Cleanup kit
- Biodegradable soap
  - Scouring pads (no-soap type)
  - Sanitizing rinse agent
  - Trash can liners
  - Toilet paper
  - Food strainer
- Repair kit of Thread, Needles & Safety pins
- Troop lights/lanterns
  - Troop coolers and ice
  - Troop water jugs

### OPTIONAL Group Extra Gear

- Grill
- Hot-pot tongs
- Collapsible water container (1 or 2½ gallon)
- Water filter or treatment tablets
- Cutting board or 4'x4' food prep plastic sheets
- Fire/Latrine Spade
- American Flag
- Patrol flag
- Ropes, bear bags and bear spray
- Field guides
- Binoculars
- Star charts