

GUIDE, PERSONAL EQUIPMENT

1. STATIONARY CAMPING: Close to cars with Patrol Boxes on site
2. BACKPACKING 1-3 NIGHTS: Short term; 25-35 lbs
3. BACKPACKING 4-12 NIGHTS: Long term; 35-45+ lbs
4. CANOEING: Colorado River or Youth Aquatic Center - Mission Bay

X = Desirable; ? = Optional; R = Required

ITEM	1	2	3	4	REMARKS
Pack (internal/external frame)	?	X	X	-	Must fit now! Rent?
Duffel bag (or equivalent)	R	-	-	R	This or Pack required
Sleeping Bag (No slumber bags!)	R	R	R	R	20 degree bag - all year
Sleeping Bag Stuff Sack	?	?	?	?	Desirable / Helpful
Ground Cloth (plastic)	X	X	X	X	Moisture protection
Tent (Troop supplies)	X	X	X	X	For rain, bugs, cold
Sleeping Pad (insulation)	R	R	R	R	For cold, hard ground
Survival Kit	R	R	R	R	See Scout Handbook
Plastic Bags (large lawn)	2	2	4	4	Trash, raincoat, cover
Ziplock Bags (4 ea lg & sm)	X	X	X	X	Kits, clothes, food
50" cord (1/8" parachute)	R	R	R	R	Most sports stores
Flashlight	R	R	R	R	Small (4") is best
Spare batteries (2) & bulb (1)	X	X	X	X	Disposable are best
Water bottle (1 Qt plastic)	1	2	2	2	No canteens
Water Bottle Belt Holder	?	?	?	?	Really helps on hikes
Scout knife (or equivalent)	X	X	X	X	Must fold closed
Compass	X	X	X	X	Keep it simple
Wrist Watch (simple athletic)	?	?	?	?	Avoids excuses
Walkmans, Video Games, etc.	Not	Not	Not	Not	Will be confiscated!
Map	-	X	X	X	Supplied by Troop
Matches (24 lg wood), Lighter	R	R	R	R	(In Ziplock bag)
Hiking Boots	?	R	R	-	Seal for water
Tennis Shoes (or equivalent)	X	?	?	R	In camp or canoe
First Aid Kit (personal)	R	R	R	R	See Scout Handbook
Fork & Spoon (durable)	R	R	R	R	Teflon = light/durable
Bowl (6") & Cup (mug type)	R	R	R	R	Plastic (no paper)
Hats (brim & ski type)	X	X	X	X	For Sun or cold night
Gloves (warm & waterproof)	?	?	?	?	Only for cold camp
Change of clothes & socks	X	X	2	2	2 pairs socks!
Sleeping gear	R	R	R	R	Must sleep dry!
Thermals (bottom & top)	?	?	?	?	Required if cold
Poncho (backpack type optional)	R	R	R	R	Always have ready
Jacket (warm or wool sweater)	R	R	R	R	Layering OK
Towel & Biodegradable soap	R	R	R	R	Small will do
Toilet paper (end of roll)	R	R	R	R	Important
Personal Trowel (plastic)	-	R	R	X	Backpackers toilet
Toothbrush & paste	R	R	R	R	Small size
Suntan Lotion (15+) / Chapstick	X	X	X	X	Small size
Insect repellent	?	?	?	?	Small size
Pencil & small pad	X	X	X	X	Handy when needed
Sun glasses / glasses	?	?	?	?	Handy when needed
Camera & film	?	?	?	?	Small size
Trail Snack (power bars, etc.)	?	?	?	?	Compact & light
Personal Medication	?	?	?	?	Notify Tour Leader