

Individual Scout Checklist

- 1 Hiking Backpack with waist strap (internal or external frame)
- 1 Sleeping Bag
- 1 Sleeping Pad (Blue Foam)
- 1 Canteen (Water Bottle) (a refill tap will be available)

Clothing

- 1 Good Hiking Boots if they are available (a good pair of runners will work)
- 1 Jacket (poncho)
- 1 Hat
- 1 Change of Socks (wool socks if available)
- 1 t-shirt
- 1 pants (preferably sweats if jeans get wet they get heavy and cold)
- 1 Sweat shirt (sweater)

Mess Kit

- 1 small tooth paste (we are only there one night)
- 1 wash cloth (only if needed)
- 1 odorless deodorant only as it will attract animals

Snacks

- Trail Mix
 - Candy
- What ever you want BUT
Keep in mind that what you bring in you must carry in and MUST NOT leave wrappers behind