

## **EQUIPMENT LIST**

**Class A uniform not req. for hikes**

**Everything that needs to stay dry should be in Zip lock bag**

**Whistle - No scout permitted on trail without a whistle.**

**All scouts should wear Hiking boots, synthetic socks, t-shirt, synthetic pants.**

1. Backpack
2. Camera
3. Hiking poles if used
4. Toilet paper and small plastic shovel (only a half roll TP)
5. Toothbrush/toothpaste
6. pack towel
7. extra zip lock bags
8. Rain gear (pants and jacket, not poncho!)
9. Very light sleeping bag or fleece liner (we sleep on beds, it is just something to sleep on)
10. Pillow case
11. Flashlight (headlamp recommended, with one extra set of batteries)
12. Garbage bag or pack cover
13. Matches
14. Compass and map
15. Extra carabineer and parachute cord for pack repair
16. Personal First Aid kit (very important that everyone has one!!)
17. Foot management stuff. (ie. mole skin)
18. Any medication being taken
19. Sunscreen and chap stick
20. Bug spray
21. Duct tape "small piece not roll"
22. Pocket knife
23. Clothes. What you are wearing plus:
  - a. Socks and sock liners (3 pairs of each)
  - b. 2 pairs of shorts
  - c. 3 pairs of underwear
  - d. Long underwear
  - e. Pajamas
  - f. Cotton shirt and socks for hanging at huts
  - g. light Gloves
  - h. light Hat
  - i. warm Fleece
  - j. Hiking boots (will not be allowed to come if wearing sneakers)
  - k. 3 short sleeve shirts
  - l. 1 long sleeve shirt
  - m. Camp footwear
  - n. Sun hat and glasses

## **Food**

1. Two nalgens full of water. 3 if no camel back
2. Camel back bladder 70-100 oz. (if you use one)
3. enough food for lunch for 5 days
4. Trail mix (about one to 2 quart cereal, nuts, M&M's....)
5. Energy bars (Cliff bars or granola)(not too many, these are very heavy for calories they supply)

## **Stuff not to hike with**

1. Tents
2. sleeping pad and bag for first night
3. Full set of clothing to change into before ride home
4. shower stuff (everyone showers before drive back)