PACK N PADDLE EXPERIENCE EQUIPMENT LIST:

ESSENTIALS
Backpack
Backpacking tent (1 or 2 person allowing scouts to share the tent and the weight)
Sleeping bag Sleeping pad
Headlamp or flashlight * (with extra batteries)

OPTIONAL:
Trekking poles
Packable lantern
Tent footprint
Pillow
Map * (in waterproof sleeve)
Compass *

CLOTHING
Moisture-wicking underwear Moisture-wicking T-shirts Quick-drying pants/shorts
Long-sleeve shirts (for sun and bugs)
Lightweight fleece or jacket
Boots or shoes suited for the distance and weight and terrain.
Socks (synthetic or wool)
Extra clothes
Swimsuit (for rafting)
Optional: Sandals (camp shoes)

ADDITIONAL ITEMS FOR RAINY AND/ OR COLD WEATHER:
Rainwear (jacket and pants)
Long underwear
Warm insulated jacket or vest Fleece pants
Gloves or mittens Warm hat
Bandana or Buff

COOKING
Backpacking stove
Fuel
Continued on next column...
Cook set Dishes/bowls Eating utensils Mug/cup Biodegradable soap
Small quick-dry towel

WATER
Water bottles and/or reservoir
Water filter/purifier chemical treatment
Energy food and drinks (optional)
TOILETRIES
Hand sanitizer
Toothbrush and toothpaste Sanitation trowel
Toilet paper/wipes and sealable bag (to pack it out)
Menstrual products Prescription medications Prescription glasses

SUN/SKIN PROTECTION:
Sunglasses (+ retainer leash)
Sunscreen
SPF-rated lip balm
Sun hat (optional)
Insect repellent
Blister Treatment- Mole Skin!

MISCELLANEOUS
Small knife or multi-tool
Repair kit for mattress (Duct tape)
Whistle
Lighter/matches
Emergency Blanket (Optional)
Camera or action cam (optional)
Outdoor journal or sketchbook with pen/pencil
Book
Cards or games
Credit card and/or cash ID (for Thursday optional meal at local restaurant)
Cell phone (with back up battery)
Poo Shovel