

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