

Longterm Personal Equipment Checklist

Troop 849 - Manhattan Beach, CA

On Scout When Leaving or Returning

- Scout shirt (wear to trailhead, banquet, & return)
- Shorts or long pants (not for trail)
- Socks and shoes
- Sack lunch/dinner
- Bag (for showers after hike) containing:
 - Towel
 - Soap/shampoo
 - Clean clothes
 - Thongs
 - Shaving gear (adults)

To Be Worn Leaving Trailhead

- Shirt
 - Shorts or long pants
 - 2 pair socks (1 thin inner & 1 thick outer)
 - Hiking boots (lug sole required)
 - Wide brim hat or cap with brim
- NOTE: The above are to be carried in a paper sack to the trailhead with the scout.

Back Pack Equipment

- Pack frame, pack, belly band, with attached sleeping bag straps
- Brag rag (if you want a patch)
- Sleeping bag in stuff sack (rated to +20°F)
- Closed cell foam pad (blue foam or Ridge Rest)
- 50 ft. of 1/8" nylon cord
- Small day pack (for peak climbs)
- Large plastic trash bag (for pack cover) (will be supplied)
- 1/2 share: tent, rain fly, poles & stakes (will be supplied)

Eating Gear (marked with name or initials)

- Spoon and/or fork
- Plastic bowl
- Cup (plastic or Sierra)

Toilet Kit

- Soap & lightweight towel
- Toothbrush & paste
- 5 Kleenex packets for toilet tissue
- Plastic wash basin (bottom of gallon water, milk, or bleach bottle)
- Sunscreen (SPF 30 minimum)
- Chap Stick or Blistex
- Insect repellent
- Laundry power (1/2 cup) or soap
- 6 medium-large safety pins

Ten Essentials

- 1 Compass (liquid filled type)
- 2 Map of area (will be supplied)
- 3 Flashlight (Mini Maglite AA™ or 2 cell AA or C size)
 - Spare bulb & batteries (2 sets if AA)
- 4 Sun glasses
- 5 Matches in waterproof case and 3" long candle
- 6 Personal first aid kit including the following:
 - Personal prescription medications (10 day supply)
 - 10 pain relievers (aspirin, Tylenol®, etc.)
 - 10 assorted adhesive bandages (Band-Aids®, etc.)
 - Moleskin (6 square inches)
 - 3 sterile gauze compresses (3"x3")
 - Cotton adhesive tape (1" wide roll)
 - Antibiotic ointment (1 small tube of about 1/8 oz.)
 - Elastic bandage (Ace type, 2" wide roll)
 - 1" roller bandage (5' to 6' strip of clean cloth)
 - Triangular bandage (30" on the short side)
 - 6 to 8 butterfly bandages
 - 3 cotton balls
- 7 Pocket knife
- 8 Trail snacks
- 9 Wide mouth plastic quart bottle with marks every 4 oz. (marked with name)
 - Extra water bottle (marked with name)
 - Iodine purification bottle
- 10 Jacket (see below)
 - Storm shelter

Additional Clothing in Pack

- Nylon windbreaker
- Warm jacket, or sweater and jacket
- Full rain suit or poncho with rain pants or chaps
- Long sleeved shirt (cotton)
- 1 T-Shirt
- Long trousers, light weight
- Undershorts, 1 pair
- 2 pair socks (1 thin inner & 1 wool outer)
- Watch cap or ski cap
- Mosquito head net

Miscellaneous

- 2 large zip lock bags for trash
- Pad of paper or small spiral notebook
- Pencil

Optional

- Tennis shoes or "Aqua Socks"
- Additional pairs of socks
- Gloves or mittens
- Camera
- Fishing gear & aluminum foil
- Hiking stick

NO COMIC BOOKS, MAGAZINES, RADIOS, WALKMAN, CARDS or ELECTRONIC GAMES