

## Troop 238 Personal Overnight Camping Gear for Scout Outings

| Scout Outdoor Essentials  |  |  |
|---|--|--|
| Pocketknife   | Sleeping bag and stuff sack to pack it <b>SMALL</b>  |  |
| First Aid Kit (small one, see below)**  | Sleeping pad or cloth  |  |
| Extra clothing (as required 1 set MAX, note space and weight!)  | Ground cloth for tent (troop has spares)   |  |
| Rain gear (rain jacket or poncho)   | <b>Mess kit</b> (plastic plate, spork, bowl, cup) in mesh bag  |  |
| Water bottle (non-disposable metal or plastic)  | Extra batteries for headlamp   |  |
| Flashlight or headlight (headlights are best)   | Lip Balm   |  |
| Watch (what time is it?)  | Tent, 2-3 person <b>MAX</b> (optional, troop has spares)   |  |
| Trail food (as required)  | Pencil or pen  |  |
| Matches and/or fire starters  | Day pack (small backpack, school book bag style for day hike outings as required)  |  |
| Sun protection - SPF 30   |  |  |
| Compass (map type, <b>not</b> a Lensatic type!)   | Pillow (optional, can use spare clothes etc. as pillow)  |  |
| Backpack to fit the gear! ALL should fit in/on a pack (incl clothing) Pack must have hip belt!  | Troop is NOT responsible for portable electronic devices. If phone or other such things gets lost or broken, sorry.            |  |
| Scout Handbook  |  |  |
| Class A (field) uniform (traveling and special events)  | <b>Meds, Must see Scoutmaster!</b>   |  |
| Clothing for the season   |  |  |
| <u>Warm weather</u>   |  |  |
| Short-sleeved Troop T shirt   | Soap (biodegradable)   |  |
| Hiking shorts   | Toothbrush   |  |
| Long pants*   | Toothpaste   |  |
| Sweater or warm jacket*   | Dental floss   |  |
| Hiking boots or sturdy shoes (NO open toe!)   | Comb   |  |
| Extra underwear   | <b>Small</b> towel   |  |
| Extra Socks*  |  |  |
| Hat with a brim for shade   | Personal Extras (optional)   |  |
| Bandana   | Camera   |  |
| Sunglasses  | Notebook   |  |
| Insect repellent (Deet)   | Swimsuit (as outing requires)  |  |
|   | Card game, non-electronic game   |  |
|   |  |  |
| <u>Cold weather - Avoid COTTON*</u>   |  |  |
| Long-sleeved shirt* (wool/synthetic)  |  |  |
| Long pants* (wool/synthetic)  |  |  |
| Mitten or gloves* (wool/synthetic)  |  |  |
| Sweater* (wool/synthetic zippered pullovers are good)   |  |  |
| Long underwear* (wool/synthetic)  |  |  |
| Hiking boots or sturdy shoes (NO open toe!)   |  |  |
| Extra Socks with liners* (wool/synthetic)   |  |  |
| Insulated parka or coat with hood* (breathable)   |  |  |
| Warm hat* (wool/synthetic)  |  |  |
| Extra underwear* (wool/synthetic)   |  |  |
| <b>Dress in 3 layers:</b> 1, underwear (short/long), shirt, socks; 2. pullover sweater, pants, 3; jacket, gaiters, hat, gloves. Goal is to control temperature by removing or adding layers |  |  |
| <b>* Items should be made of wool or a breathable synthetic/blend (Nylon). COTTON is not recommended in cool/cold climates. Cotton will invite Hypothermia!</b>                             |  |  |
| <b>Use common sense. Check the weather DAY AND EVENING TEMPERATURES!</b>  |  |  |
| ** Everything should fit easily into a self-sealing plastic bag or kit. The troop will have a full first aid kit and CPR gear on hand on all outings  | <b>Do not load up on gear! Weight and space are important. Having an extra pair of socks and underwear is better priority!</b> |  |