

## Checklist of Personal Gear for Overnight Hiking

When you pack consider where you are going, the season of the year, etc. and decide whether or not you would be in trouble if you didn't take an item with you. Use this list as a guideline only. If you have any questions or you feel there are missing items discuss them with your patrol leader or Scouter before you leave. note that some items listed below are optional. Don't forget that you have to carry everything you bring and that you may require room to carry communal patrol gear and food. A rule of thumb is to keep total weight carried to approximately 1/4 of your own weight.

- ❑ eating utensils (knife, fork, spoon, cup, plate, bowl)
- ❑ hiking boots (waterproofed) + 1 pair running shoes (extra laces for both)
- ❑ 2 pair of long pants (not jeans)
  - preferably a tightly woven cotton twill for quicker drying
  - ideal pants are loose cut for easy movement, ample pockets, button flaps on pockets to hold survival gear you carry on you.
- ❑ 1 pair of sweat pants or long johns (to sleep in)
- ❑ 1 long sleeve shirt (thick soft wool or cotton flannel to be "bugproofed")
- ❑ 1 sweatshirt or sweater.
- ❑ 2 pair long underwear
- ❑ 2 pair of warm mitts (Mitts are warmer than gloves)
- ❑ 3 pair of underwear
- ❑ hat (wide brim all around with chin strap preferable) and 1 Bug Hat
- ❑ 1 Poncho or Rain suit
- ❑ 3 pair of socks (thick wool for all seasons will insulate even when wet)
- ❑ 1 pair cotton work gloves (work with rope, handling hot pots etc.)
- ❑ 1 whistle with cord for around your neck (Fox 40 ideal)
- ❑ knife with whetstone (sharpen before trip)
- ❑ wooden matches with waterproof container (can waterproof matches with nail polish) and a disposable lighter.
- ❑ Sun Block (protection against sun burn. The higher the SPF rating the better).
- ❑ Sleeping bag, air mattress, ground sheet (appropriate for the season).
- ❑ Canteen with a supply of water purification tablets (halazone tablets - self life of 3 months)
- ❑ 2 rolls of toilet paper (or as required for length of trip)
- ❑ 1 plastic shovel (small and light)
- ❑ towel and face cloth, Ivory soap Bar (floats in water) and soap dish
- ❑ Flashlight (check bulbs and batteries and bring extras)
- ❑ toothbrush and toothpaste and dental floss
- ❑ one pack with frame or tramping line
- ❑ 3 handkerchiefs and or small packages of Kleenex
- ❑ mirror, comb and toiletries case
- ❑ personal First Aid Kit (include tweezers, bandages, disinfectant, calamine lotion, foot powder and any personal medication or prescription drugs etc.)
- ❑ prescription glasses and or sun glasses (with head strap)
- ❑ notebook and pencil (list of important phone numbers)
- ❑ compass and map(s) as appropriate
- ❑ camera, film, binoculars (as appropriate)
- ❑ wallet and money (with enough change for emergency phone calls)
- ❑ garbage bags with ties and various sized Zip Lock bags plus extras
- ❑ repair kit (needles and thread, buttons, safety pins, rubber bands, cord and duct tape, fire starters, 30 feet of rope.
- ❑ 1 jacket with hood (light but warm)
- ❑ fishing gear and license (as appropriate)
- ❑ insect repellent (not in a can) i.e. Muskol
- ❑ swimming trunks ( as appropriate)