

# Long-term 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

- Backpack
- Brag rag (if you want a patch)
- Sleeping bag in stuff sack (rated to +20°F)
- Closed cell foam pad
- 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)
- Bear canister (will be supplied)

## Eating Gear (marked with name or initials)

- Spoon or fork
- Plastic bowl
- Plastic cup

## 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
- 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  Headlamp and  
 spare battery
- 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
  - Extra wide mouth plastic quart water bottle
  - Iodine purification bottle (will be supplied)
- 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
- 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