



Being Prepared

Camping and Hiking Check List



*** PLEASE NOTE: Absolutely NO electronics, including cell phones, allowed on any Scout outing! ***

Directions: Use this to check off your items Each Time you pack when preparing for a camp out.

<p>The Original Ten Essentials</p> <ul style="list-style-type: none"> Pocket Knife First-Aid Kit (See description below) Extra Clothing Rain Gear Whistle Water Container Flashlight / Headlamp Extra Food Fire starter / Waterproof Matches Sun Protection Map / Compass 	<p>What you need to Wear:</p> <ul style="list-style-type: none"> Hat Sun glasses Comfortable shirt (determine weather) Jeans (not shorts) Tennis shoes or boots (no sandals or open toes) Socks, (2 pair if you wear boots) Belt Watch
<p>Needs when you Hike:</p> <ul style="list-style-type: none"> Fanny sack unless hydration pack covers pack 10 Essentials (See list above) Insect repellent 	<p>Needs when you Camp:</p> <ul style="list-style-type: none"> Sleeping Bag (40°rating or lower)/Sleeping Pad) Toilet paper Towel Trash bags Pliers Rope Camera (optional – Cannot be a cell phone camera)
<p>Clothing packed for an Overnighter (additional to above)</p> <ul style="list-style-type: none"> 2 pair underwear 4 pair of socks 2 shirts 1 long sleeve shirt or jacket (or both) 1 pair shorts & 1 pair pants or some combination Extra pair of shoes & Boots Swimming suit 	<p>Additional Needs when you Backpack</p> <ul style="list-style-type: none"> Framed Back Pack (not a knap sack) Trail Tent Bungee Cords Propane Water purification method <p>* Note: Water should be based on 100 oz a day</p>
<p>Cooking Utensils:</p> <ul style="list-style-type: none"> Old or cheep deep skillet Pie pan or plastic plate Knife, fork, and spoon Plastic cup Small coffee can Old spatula <p>*Note: all of the items above can be covered by a mess kit and a spatula for as little as 10 dollars.</p> <p>**Note: many of these items can be found in a "Camping form" at places like Wal-Mart, big-5 or REI.</p>	<p>First Aid Kit Items</p> <ul style="list-style-type: none"> Band aids (multiple sizes) Mull skin (covers for blisters and hot spots) Alcohol prep pads Needle Gauze pads Tape Neosporin Advil (Tylenol) salt Ace Bandage Antihistamine