

Notes	Trip Date	Who is taking this?	If me, am I wearing or packing it?				
	Trip Description		Needed for this outing? Y/N	Me, for myself	Me, to share with my patrol	Another Scout in my patrol	Wearing
	<b>Pack</b>						
	Backpack						
	Duffel bag						
	<b>Clothes</b>						
	Wicking T-shirt						
	Spare wicking T-shirt						
	Belt						
	Underwear						
	Spare underwear						
	Wool socks						
	Spare wool socks						
	Hiking boots/walking shoes						
	<b>Plus...</b>						
	<b>Hot and sunny weather</b>						
	Shorts						
	Sun hat						
	Sun glasses						
	Sunscreen						
	Lip balm						
	Swim suit						
	Water shoes/sandals						
	<b>Wet weather</b>						
	Rain gear						
	Waterproof liner to backpack						
	<b>Cold weather</b>						
	Jacket						
	Fleece						
	Long pants/zip-off pants						
	Gloves						
	Hat (beanie)						
	Thermal underwear						
	<b>Shelter</b>						
	Tent, poles & stakes						
	Bivvy sack						
	Tarp						
	6 ft of thin rope						
	<b>Sleeping</b>						
	Sleeping bag						
	Air mattress						
	Pillow						
	<b>Food &amp; Drink</b>						
	Stove						
	Full gas bottle						
	Matches/flint & steel						
	Pan						
	Silverware						
	Cup						
	Dish						
	Water bottle or hydration pack reservoir						
	Water - see guidelines below						
	Water filtration pump						
	Water purification tablets/drops						
	Food - see checklist below						

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<b>Hygiene</b>							
	Toothbrush						
	Toothpaste						
	Toilet paper						
	Small trowel						
	Paper towels						
	Bag for trash						
	2 x Grocery bags						
	Cleansing wipes						
<b>Safety</b>							
	Sunscreen						
	Lip balm						
	Insect repellent						
	First aid kit - see minimum contents below						
	Map of hiking area						
	Compass						
	Signal mirror						
<b>Other</b>							
	Penknife/multi-tool						
	Headlamp						
	Spare batteries for headlamp						
	Camera						
	Binoculars						
	Walkie-talkie						
	Spare batteries for walkie-talkie						
	Trekking poles						
	Camp chair						
	Medication & instructions for leaders						
<b>Add Any Apecial Items for This Outing...</b>							

