



	PATROL: _____  DATE: _____  ITEM	SCOUT												
	Small Shaving Kit or bag containing:													
	Toothbrush & toothpaste													
	Shaving gear (optional)													
	Deodorant (optional)													
	Soap / Camp Suds													
	Small bottle Anti-bacterial soap													
	Small bottle insect repellent (optional)													
	Lip balm / Chap Stick													
	Sun Screen (SPF 30) (optional)													
	Sets of any prescription drugs (1 for use and 1 for back-up with adult leader)													
	Safety Pins													
	<b>Backpack Equipment</b>													
	Backpack													
	Pack cover, recently waterproofed													
	Hiking poles (Leki-style) (optional)													
	1-liter Nalgene bottles, wide mouth with loops on caps. x2													
	Cup, non-breakable (recommend Lexan)													
	Spoon, non-breakable (recommend Lexan)													
	Small AA or AAA flashlight (new batteries)													
	Compass													
	<b>Miscellaneous</b>													
	Pair sunglasses (optional)													
	Personal First Aid Kit with Hot spot kit (moleskin)													
	Large plastic trash bags (recommend with draw string)													
	2-gallon plastic zip lock bag													
	Whistle for emergencies (optional)													

<sup>1</sup>List designed for mild winter conditions and assumes 1 night overnight.

<sup>2</sup>Heavy winter conditions could require winter boots, 2pr wool socks per day, ski/snow pants, face mask, mittens, spare mittens/gloves, sleeping bag rated to 0 degrees, sleep pad at least 1/2 in thick, and chem. heat packs (optional).