

All clothes should not be 100% cotton

50/50 blend is okay

Wilderness Personal Equipment

1 Waterproof Stuff Sack

**Place in Waterproof Stuff Sack*

2 T-shirt

1 Long Pants (Scout pants with the 1 removable legs work well)

2 Shorts

1 Long-Sleeve Shirt

1 Bathing Suit

4 Socks (wool)

1 Extra Shoes

1 Backpacking Towel

1 Wash Cloth

1 Ivory Soap (so it floats)

1 Toothbrush / Toothpaste

1 Comb

1 Gloves (garden)

1 Extra Cup

1 Utensils (fork & spoon)

1 Rope (50 FT.)

Medications (if needed)

1 Rain Gear In Zip Lock Bags

1 Flashlight (w/extra batteries)

1 First Aid Items

Matches

1 Compass (*optional*)

Garbage Bags

Rubber Bands (to fasten garbage bags used with sleeping bags and foam pads)

Lashing Straps

**Carried on person or in the canoe*

1 Fanny Pack/Day pack

1 Sierra Cup

1 Water Bottle

1 Pocket Knife (Multi-Tool type recommended)

1 Sun Screen

1 Insect Repellent

1 Sun Glasses / Glasses Strap

1 Camera (waterproof w/batteries and digital card)

1 Fishing Gear (rod, reel, and tackle)

1 Hat

1 Sleeping Bag (placed in garbage bag inside of sleeping bag stuff sack)

1 Foam Pad (placed in garbage bag)

1 Backpacking Pillow (placed in sleeping bag stuff sack, **bed pillows are not allowed**)

1 Shoes that can get wet (old pair of sneakers, must be closed toe, no sandals)

Civilization Gear

1 Bed Pillow (*optional you can use your Backpacking Pillow*)

1 Sneakers

6 Socks

5 T-Shirts (one must be a class B shirt for Niagara)

5 Shorts

1 Long-Sleeve Shirt

1 Bathing Suit

1 Towel

1 Troop cap (Must wear at Niagra)

Suggestion from Bob Curlen:

Sawyer Premium Insect Repellent for Clothing, Gear & Tents. Trigger Spray. It comes in a pump bottle of 24 oz active ingredient is Permethrin. This bottle is enough for 4 complete outfits (shirt, pants, and socks) We got it from Dick's on the recommendation of Dr Masucci at Hanover Pediatrics.