

10 Essentials

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|---------------------------|---|
| 1 Regulation pocketknife* | 6 Flashlight |
| 2 Personal First Aid Kit | 7 Trail Food (granola bar, trail mix, etc.) |
| 3 Extra Clothing | 8 Matches and/or Fire Starters* |
| 4 Rain Gear | 9 Sun Protection |
| 5 Water Bottle | 10 Map and Compass |

*Not permitted without Totin Chip or Fireman Chit certificates

Suggested Clothing and Equipment Checklist

Ck	#	CLOTHING	OTHER ESSENTIALS
		SHIRT	FLASHLIGHT
		T-SHIRT	EXTRA BATTERIES
		LONG PANTS	WHISTLE FOR SIGNALING
		SHORTS	SUNSCREEN
		JACKET OR WARM SWEATER	BUG SPRAY
		HIKING BOOTS OR STURDY SHOES	TOILET PAPER
		SOCKS	KLEENEX
		HAT WITH BRIM	SOAP
		EXTRA UNDERWEAR	WASHCLOTH
		SLEEPWEAR	TOWEL
		SWIMMING TRUNKS	TOOTHBRUSH
			TOOTHPASTE
			COMB
			FIRST AID KIT
			KNIFE
			SCOUT HANDBOOK

Ck	#	PERSONAL CAMPING GEAR	EXTRAS
		BACKPACK	WATCH
		BACKPACK COVER(HEFTY TRASH BAG)	CAMERA AND FILM
		SLEEPING BAG	NOTEBOOK AND PENCIL
		PILLOW	SUNGLASSES
		SLEEPING PAD	GLOVES
			COMPASS
			WALLET- ID

Also see the Boy Scout Handbook pages 202-210 and 224-231 for details
Please keep the first three pages for your reference