

Personal Overnight Camping Gear for Scout Outings

Here is the complete list of what the Boy Scouts of America suggest that Scouts bring on outdoor activities.

X	Scout Outdoor 10 Essentials	
	Pocketknife (<i>Totin' Chip card required!</i>)	Backpack, Daypack or Dufflebag
	First Aid Kit	Rain cover for backpack
	Extra clothing	Sleeping bag and stuff sack
	Rain gear	Sleeping pad
	Water bottle	Ground cloth
	Flashlight	Pillow
	Trail food	X Eating Kit
	Matches and fire starters	Spoon, fork, knife
	Sun protection – SPF 30	Plate
	Map and compass	Bowl
		Cup
X	Clothing for the season	X Clean Up Kit
	<u>Warm weather</u>	Soap
	Short-sleeved shirt	Toothbrush
	T-shirt	Toothpaste
	Hiking shorts	Dental floss
	Long pants	Comb
	Sweater or warm jacket*	Washcloth
	Hiking boots or sturdy shoes	Towel
	Socks	X Personal Extras (optional)
	Hat with a brim for shade	Watch
	Bandana	Camera and film
	Rain gear	Notebook
	Extra underwear	Pencil or pen
		Sunglasses
	<u>Cold weather</u>	Small musical instrument
	Long-sleeved shirt*	Swimsuit
	Long pants*	Gloves
	Sweater*	Folding Chair
	Long underwear*	
	Hiking boots or sturdy shoes	
	Socks	
	Insulated parka or coat with hood	
	Warm hat*	
	Mitten or gloves*	
	Rain gear, gaiters	
	Extra underwear	
	* items should be made of wool or a warm synthetic fabric	

Essential First Aid Equipment

Here is the complete list of what First Aid essentials each Scout should carry with them on outdoor activities.

X	PERSONAL FIRST AID KIT*
	6 Adhesive bandages
	2 Sterile gauze pads, 3 by 3 inch
	1 small roll adhesive tape
	1 piece Moleskin, 3 by 6 inch
	1 small bar of Soap
	1 small tube of Antiseptic
	1 pair Scissors
	1 pair Latex gloves
	Mouth barrier device for rescue breathing or CPR
	Plastic goggles or other eye protection
	Pencil and paper
	<i>* Everything should fit easily into a self-sealing plastic bag.</i>