

WR Personal Equipment List

Pack

- *Back Pack (minimum 60 liter). We strongly recommend a high quality backpack with padded hip belt; either internal or external frame types are acceptable.
- *Pioneer's bring a day pack
- *Plastic or waterproof pack cover
- *Pack repair kit (extra hip belt buckle, chest strap buckle and 5 safety pins)

Clothing

- *Hiking Boots / running shoes (sturdy, well broken in)
- Water Shoes
- *Four pair of heavy socks (high wool content)
- Six pair of light socks (tube-type cotton)
- Two extra pairs of pant/jeans, and a leather belt
- One pair of short pants
- One swim-suit
- Three T-shirts
- One heavy shirt or sweater
- One light shirt (long sleeves)
- Seven changes of underwear
- Fall/Winter weight jacket
- *Rain Gear (durable, No Ponchos)
- Kepi (neckerchief to protect the back of the neck from the sun)
- Troop Uniform & necker

Night Gear

- *Sleeping Bag (0 degrees C, or lower rated)
- *Waterproof Stuff Sack
- *Closed cell foam or bubble pad
- Pillow Case (no pillow)
- Pajamas or long underwear or sweat suit

Personal Hygiene

- Toothbrush and toothpaste
- Comb or Brush
- Soap (in soap container)
- Waterless soap (small size such as "Purell")
- Facecloth (in zip lock bag)
- Alcohol free individually wrapped wipes
- Towel
- Small Kleenex pack (or hankie)
- Toilet Paper (in zip lock bag)
- Deodorant
- Travel pack of Handi-Wipes

First Aid

- Antiseptic cream (small tube)
- Several small gauze pads
- Adhesive tape (small roll)
- Moleskin (4x4 sheet for blisters)
- Five butterfly Band-Aids
- Personal Medication (as identified on Medical Form, with instructions)

Other Gear

- *Mess Kit - Metal preferred for trail cooking (plate, cup, bowl, fork, spoon, knife)
- *Sierra Cup (suitable for individual cooking)
- *Canteen or Water Bottle (minimum 1 litre size such as Volvic bottle water size). Note: 500 ml not recommended.
- *Net bag (for hanging dishes in to dry)
- *Sheath or pocket knife (lock-blade type preferable)
- Matches (in waterproof container)
- *Compass (*Mandatory must be marked to 2 degree increments such as Silva 7NL or Suunto Partner or Woodsman*) with neck cord
- Watch (activities are scheduled)
- *Small flashlight (AA battery type)
- Extra flashlight batteries (2 sets)
- Spare flashlight bulb
- Pencil
- Small notepad
- Sunscreen (Mandatory, small tube or bottle)
- Lip balm (containing sunscreen)
- Insect repellent (small bottle, non-aerosol, low DEET content)
- Two large garbage bags
- Zip lock Bags to put Trail Cloths in
- Six wooden clothes pins or bread bag seals
- Sewing Kit (needles, thread, buttons, safety pins)
- Five meters of strong cord (4-mm cotton or equiv. For a splint etc)
- *Third and Fourth year participants, a small **lightweight tent** for solo camping.
- *Third and Fourth year participants, a small personal **campstove** for trail cooking
- *Third and Fourth year participants, a backpack water filter

Optional

- Badges for trading
- Camera
- Sunglasses
- *Gaiters (for keeping feet and ankles dry)
- *Campfire blanket

Notes:

1. No radios, tape recorders, CD players, game gear, etc. will be allowed in camp.
2. No comic books or junk food
3. **Please** make sure all items are **labeled** with your **name**
4. Youth are allowed to bring money but are not allowed to keep it in camp. It must be left with your troop Leader
5. Most of the items listed are available through your local Scout Shop.

Good quality sleeping bags, backpacks and compasses are essential. Participants will suffer if these items are not of high quality. All gear must be carried from the parking lot (a minimum of 500 metres) to your individual sites.

Please Note: All Items marked with an asterisk are available * from the Scout Shop