

WR Personal Equipment List

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.
- *Day pack (approx 20 liter w/hip belt)
- *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 hiking pants/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, Pants & Jacket recommended, 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
- *Sleeping pad
- *Survival Thermal Blanket (Coghlan's)
- Pillow Case (no pillow, use your clothes from your pack)
- 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)
- *2 Nalgene Water Bottle (minimum 1 litre size)
Note: 500 ml not recommended.
- *Net bag (for hanging dishes in to dry)
- *Pocket knife (lock-blade type) (max 8,5 cm blade)
- *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 batteries (2 sets)
- Pencil
- Small notepad
- Sunscreen (Mandatory, small tube or bottle)
- Lip balm (containing sunscreen)
- *Insect repellent (small bottle, non-aerosol, low DEET)
- Two large garbage bags
- Zip lock Bags to put Trail Clothes in
- Six wooden clothes pins or bread bag seals
- *Sewing Kit (needles, thread, buttons, safety pins)
- 5 meters of strong cord (4-mm cotton or equiv for splint)
- *3rd & 4th year participants, a small **lightweight tent** for solo camping.
- *3rd & 4th year participants, a small personal **camp stove** for trail cooking
- *3rd & 4th year participants, a backpack water filter
- *3rd & 4th year participants, please bring your WR whistle back with you

Optional

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

Notes:

1. Electronics/games strongly discouraged 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 look for the asterisk. *

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

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