

# Scout Outdoor Essentials Checklist

They're called "essentials" for a reason. Every packing list starts with these 10 items.

1. A **pocketknife or multitool** can be handy in a wide variety of situations. It's useful for tasks as large as building an emergency shelter or lighting a campfire with poor fuel, or as small as repairing a damaged backpack. Don't forget to first earn your Whittling Chip (for older Cub Scouts) or Totin' Chip (for Boy Scouts).
2. A **first-aid kit** can be a lifesaver. Literally.
3. Bring **extra clothing** to match the weather. Multiple layers are better than a single massive jacket, because layered clothing is adaptable to a wide range of temperatures.
4. **Rain gear** is very important. Being wet from rain may result in hypothermia, a potentially fatal condition.
5. A **flashlight** is important for finding your way in the dark.
6. **Trail food** is good for maintaining your energy.
7. **Water** can prevent dehydration, heat exhaustion and heatstroke.
8. **Matches and/or a fire starter** may be used to light fires for heat, or for signaling for help.
9. **Sun protection** might include sunblock, sunglasses, lip balm and a wide-brimmed hat.
10. A **map and compass** are probably the most important tools you can carry in case you get lost.

Here are some additional items you may want to pack, depending on the outing:

## Keeping Clean

- Toothbrush
- Toothpaste
- Dental floss
- Soap
- Comb
- Waterless hand cleaner
- Small towel
- Washcloth
- Toilet paper
- Trowel for digging cathole latrines



## Cooking and eating

- Large plastic cereal bowl or kitchen storage bowl
- Spoon
- Cup or insulated mug
- Water treatment system
- Backpacking stove with fuel
- Large pot and lid (2.5- or 3-quart size)
- Small pot and lid (1.5- or 2-quart size)
- Lightweight frying pan (10 to 12 inches in diameter)
- For melting snow, add 1 large pot and lid (6 to 10 quarts)
- Hot-pot tongs

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## Extras

- Watch
- Camera
- Notebook
- Pen or pencil
- Sunglasses
- Small musical instrument
- Swimsuit
- Gloves
- Whistle
- Nylon cord
- Insect repellent
- Repair kit
- Hiking stick or trekking poles
- Binoculars
- Fishing gear
- Animal identification books, plant keys, geological studies, star charts or other guides

<http://boyslife.org/outdoors/outdoorarticles/6976/scout-outdoor-essentials-checklist/>