

OCTOBER CAMP SAWTOOTH SUGGESTED PACKING LIST

- Layers of clothing to keep warm for 3 days (October weather can vary greatly, so be prepared for warm and cold weather)

Clothing
<input type="checkbox"/> Warm socks – many pairs. Best combination is a light silk or polypro sock with a heavy wool sock
<input type="checkbox"/> 2 Sets of long underwear or equivalent – both top and bottom (if buying new, look for 100% synthetic or wool fabric, not "waffle pattern" cotton blend)
<input type="checkbox"/> Underwear for three days
<input type="checkbox"/> 2 Long sleeve shirts (wool or synthetic for good insulating quality)
<input type="checkbox"/> 2 Wool sweaters or polar fleece sweatshirts
<input type="checkbox"/> 2 Wool or synthetic pants
<input type="checkbox"/> At least 2 warm wool or synthetic hats (one for sleeping only that should be designed to stay on at night)
<input type="checkbox"/> Gloves or mittens
<input type="checkbox"/> Heavy coat or equivalent
<input type="checkbox"/> Hiking boots
<input type="checkbox"/> Additional sweat pants & sweat shirt & socks for sleeping only! Change all of your clothes, including your long underwear, inside your sleeping bag when you go to bed

- Warm sleeping bag ("Nalgene" water bottles can be filled with hot water for inside sleeping bag if cold)
- Additional sweat pants & sweat shirt & socks for sleeping only! Change all of your clothes, including your long underwear, inside your sleeping bag when you go to bed.
- Backpack or duffle bag to carry the gear

****No cotton****

Layering and using your gear correctly is very important. No hat and gloves leads to a cold body; not just cold hands and head.

- Day pack with the Outdoor Essentials:

Outdoor Essentials
<input type="checkbox"/> compass (and map if available)
<input type="checkbox"/> sunglasses
<input type="checkbox"/> sunscreen
<input type="checkbox"/> hat with brim for shade
<input type="checkbox"/> jacket – synthetic or wool
<input type="checkbox"/> stocking cap – synthetic or wool
<input type="checkbox"/> flashlight or headlamp (spare bulb if applicable)
<input type="checkbox"/> extra batteries
<input type="checkbox"/> personal first aid kit (see below)
<input type="checkbox"/> matches & striker in a waterproof container
<input type="checkbox"/> fire starter
<input type="checkbox"/> pocket knife and/or multi tool
<input type="checkbox"/> duct tape
<input type="checkbox"/> trail snacks (balanced, not high sugar)
<input type="checkbox"/> 2 water bottles (or equivalent) - filled
<input type="checkbox"/> emergency blanket
<input type="checkbox"/> rain gear (large plastic trash bag will work)
<input type="checkbox"/> insect repellent
<input type="checkbox"/> lip balm
<input type="checkbox"/> toilet paper in a small Ziploc bag
<input type="checkbox"/> bandana
<input type="checkbox"/> whistle
<input type="checkbox"/> signal mirror
<input type="checkbox"/> Totin' Chip (if you have earned it)
<input type="checkbox"/> Firem'n Chit (if you have earned it)
<input type="checkbox"/>

- Small first aid kit (you can make your own):

Personal First Aid Kit
<input type="checkbox"/> adhesive bandages – 6
<input type="checkbox"/> sterile gauze pads, 3 x 3 inch – 2
<input type="checkbox"/> adhesive tape – 1 small roll
<input type="checkbox"/> moleskin
<input type="checkbox"/> antiseptic – 1 small tube or several wipes
<input type="checkbox"/> small scissors
<input type="checkbox"/> disposable nonlatex gloves – 1 pair
<input type="checkbox"/> small bottle of hand sanitizer
<input type="checkbox"/>

- Pencil or pen, paper, and Scout Handbook
- Class A & B Scout uniform
- Book or other material to read
- Toothbrush/ paste