

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
Warm weather	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
Cold weather	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	
<i>* items should be made of wool or a warm synthetic fabric</i>	

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>