

## Items NOT Allowed on Course

- Fire Starting Items
- Electronic devices, such as cell phones, mp3 players, laptops, radios, games, etc.,
- No food, snacks, or drinks. No energy drinks.

## Over-The-Counter Medication Warning

Unless there is a medical reason to carry over-thecounter medication, we would prefer that the participant *NOT* carry any. Should they require said medication, they can always get it from the NYLT medic.

Clothing	Toiletries
<ul> <li>Scouts BSA or Venturing Field Uniform (1-2)</li> <li>Scouts BSA or Venturing Shorts or Pants (1 or 2 pairs)</li> <li>Short-Sleeve Plain Royal Blue shirts (3)</li> <li>Scout Belt</li> <li>Scout Socks (3 pairs)</li> <li>Hiking Boots</li> <li>Underwear (4)</li> <li>Fleece Pullover or Sweatshirt</li> <li>Lightweight Jacket</li> <li>Raincoat or Poncho</li> <li>Work Gloves</li> <li>Any Scout Appropriate Hat / Cap</li> <li>Knit Beanie (optional)</li> </ul>	☐ Toothbrush ☐ Toothpaste ☐ Soap (in a container) ☐ Comb/Brush ☐ Sunscreen ☐ Washcloth ☐ Chapstick ☐ Toilet Paper (1 roll)

Sleeping & Hiking Gear	Miscellaneous
Sleeping Gear  Sleeping bag Sleeping roll pad (optional) Pillow (optional) Tent Tarp/ground cloth  Hiking Gear  Hiking Backpack (No Duffel Bags) Small Day Pack Flashlight or Headlamp that uses replaceable batteries Small backpacking stove (if you have one)	<ul> <li>□ Personal First Aid Kit</li> <li>□ Sunscreen</li> <li>□ Insect Repellent</li> <li>□ Folding Camp Chair w/Back Pocket</li> <li>□ Knife or Multi-Tool</li> <li>□ Pens (3)</li> <li>□ Watch</li> <li>□ Sewing Kit</li> <li>□ Safety Pins (6)</li> <li>□ Flashlight Batteries</li> <li>□ Shoestrings (1 pair)</li> <li>□ Large Trash Bags</li> </ul>

## Finally...

- Everything on this list must be brought to the NYLT Course, except those marked optional or items that will be provided by NYLT (Hat, water bottle, notebook, and songbook)
- Please label everything with your name in sharpie

