

# 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) Scout Belt</li> <li>Scout Socks (3 pairs)</li> <li>Hiking Boots Underwear (4)</li> <li>Fleece Pullover or Sweatshirt 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>	<ul> <li>Toothbrush     Toothpaste</li> <li>Soap (in a container)</li> <li>Comb/Brush     Sunscreen     Washcloth</li> <li>Chapstick</li> <li>Toilet Paper (1 roll)</li> </ul>

## 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)

Personal First Aid Kit

Sunscreen

Insect Repellent

Folding Camp Chair w/Back Pocket

Knife or Multi-Tool

Pens (3)

Watch

Sewing Kit

Safety Pins (6)

Flashlight Batteries

Shoestrings (1 pair)

Large Trash Bags

### 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

