

NATIONAL YOUTH LEADERSHIP TRAINING

PARTICIPANT PERSONAL EQUIPMENT LIST

WHAT TO BRING

| ✓ | ITEM | NOTES |
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| | YPT Certificate | It is a requirement for everyone to complete BSA Youth Protection Training (YPT) prior to the 1st day of the Course. Instructions are provided for you on how to take YPT on the registration page. Please bring your certificate of completion with you to check in on the 1st day of the Course. You may also email them ahead of time to cfcbsanyltwinter@gmail.com . |
| | Annual Health and Medical Record, Parts A, B, & C | It is a requirement for everyone to have a completed and signed BSA Health Form on file with us by the 1st day of the Course. Because this Course is 6 days in length, Part C MUST be completed and signed by a licensed physician (meaning you will need to have an updated physical by the 1st day of the Course). For your safety, please make sure to accurately detail ALL medications (even OTC), allergies, special food or dietary needs, health issues, or special accommodations on the health form. We are not allowed to accept the BSA Health Form via email or text. Please bring it with you to submit at check-in on the 1st day of the Course. Please make sure to also INCLUDE A COPY OF YOUR HEALTH INSURANCE CARD . |
| | Prescription or OTC medications if needed | ALL prescription and OTC medication must be in the original container with prescribed dosage. (Please put all meds in a Ziplock bag with the participant's first and last name and include any notes you feel are needed.) Meds will be collected at check-in and managed by Adult Staff during course. |
| | 1-2 Official Scout Uniform Shirt(s) for your current Scouting position with correct insignia | BSA Field Uniform (ScoutsBSA, or Venturing, or Sea Scouts) |
| | Scout appropriate Uniform T-Shirt(s) | Activity Uniform. Three NYLT course T-Shirts will be provided and must be worn starting the afternoon of Day 1 through Day 6. Scouts may wash shirts in the shower and hang them to dry as needed. |
| | Scout Uniform short and or pants | Official BSA Scouting shorts/pants are PREFERRED if possible. ScoutsBSA please wear "Scout type green" shorts or pants. Venture Scouts can also wear gray shorts or pants. Sea Scouts can wear dark blue shorts or pants. NO jeans, stretch pants, joggers, sweatpants, or basketball shorts. |

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| | Scout appropriate hat | An NYLT course hat will be provided and must be worn Days 1-6. |
| | Official Scouting belt and buckle | |
| | Close-toed shoes or boots, or athletic type sneakers | Not white please. Avoid shoes made out of netting or thin cloth. It is important for Scouts to wear sturdy, well-fitting, close-toed shoes. It is very easy to get blisters and experience foot pain wearing the wrong shoes while being active at camp for 6 days. |
| | A spare pair of shoes | Just in case |
| | Shower footwear | Such as Crocs, slides, or sandals. Only to be worn for showering. |
| | Underclothing | 6 plus sets |
| | Socks | 6 plus pairs, preferably Scout Green or Tan for ScoutsBSA, Venturers may also wear gray, Sea Scouts may also wear dark blue. Make sure that socks fit well, and cover the whole foot and ankle to avoid blisters. |
| | Sleepwear | Appropriate PJs please. Check the weather, you may need to bring warmer items for sleeping in December. Bring a "beanie" type cap for sleeping in case the weather is cold, it will help you maintain a warm body temperature. |
| | Raingear | Poncho or rain jacket. |
| | Windbreaker, jacket, fleece, lightweight coat. Or combination of any | Make sure to check the weather ahead of time for Paisley, Florida, and make sure to check for the forecast for the whole 6 days. The weather can be unprectable and it can get cold in December. |
| | Gloves, hat, scarf | For colder temperatures. |
| | Towels, washcloths | Please bring more than one towel. |
| | Personal toiletries | Bring them, and use them. Personal hygenie is very important. Don't be shy about the deoterant. |
| | Backpacking pack, and / or large duffle bag that you can carry or wear while hiking | This is a MUST for your gear. NO TRUNKS OR SUITCASES PLEASE. You will be carrying your gear into camp on your own on Day 1. |
| | Small day pack | For daily use (rain gear, books, water, pen/pencil, etc.) |
| | Sleeping bag , sheets, blankets, pillows: appropriate for the expected temperatures | Bring what will help you sleep comfortably in a tent in cooler weather, but don't not bring so much that you cannot pack in and out on your own, or make it impossible to carry your gear. |
| | Lightweight personal backpacking tent | This is a MUST. TIPS: bring a waterproof ground cloth or tarp to go under the tent, waterproofing the exterior of the tent before course can be helpful. |
| | Ground pad or air matt for sleeping if desired | |

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| | Mess Kit with plate, bowl, and utensils | A mesh drying bag will be provided to each participant. |
| | Pocketknife with folding, locking blade | NO MORE than a 3 1/4" blade. |
| | Flashlight with spare batteries (small camping lantern or tent light if desired) | |
| | Camp Chair | Small, portable, lightweight. |
| | Sunglasses | |
| | Sunscreen | |
| | Insect Repellent! | We cannot stress this enough. Look for items that repel both mosquitos and ticks. Scouts should apply more than once a day. |
| | Alarm Clock and/or a watch | |
| | Pen/pencil | |

| WHAT NOT TO BRING | | |
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| NO | Caffeine or Engergy Drinks! | No caffeine, caffeinated beverages/proucts, or engergy drinks are allowed, unless they are medically necessary. In that case, they must be labeled and requied dosage or serving must be provided. Caffeinated items will be collected at check in and managed by Adult Staff. |
| NO | Trunks, footlockers, or suitcases | |
| NO | Electronic devices | Acceptable items are: cellphone/charger, flashlight/lantern, fan, or any device or equipment that is medically necessary such as a CPAP. Important: see cell phone policy at the end of this list. |
| NO | Food, snacks, candy, or beverages | Unless approved by the Course Director prior to course for situations such as allergies, medical or religious dietary needs. All foods or beverages that have been pre-approved will be collected at the time of check-in and managed by staff. Please make sure all items are clearly labeled. |

| ADDITIONAL PACKING NOTES | | |
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| | Label all items | Scouts should write their names on any items that they are not prepared to lose. |

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| | Gear | Participants will be hiking to an outpost campsite during one night of the course and should be prepared to pack enough gear into their backpack for this overnigher, including their personal tent. For summer and winter sessions, participants will spend the remainder of the course in personal camp tents. |
| | Cell Phone Policy! | Cell phones are allowed; HOWEVER, they will be managed. Any external communication will come from adult staff members on the course. Parents can get in contact with NYLT adult staff via email or by calling the respective camp. Participants are expected to use their phones on course in a responsible manner. We do have a time out box at their stations, and we also request limited calls home during course. We also understand and will work with anyone who monitors health concerns with a phone app. Please make sure that it is noted on the Health form's and was included when you registered online. |