

Individual Equipment

Wear:	Scout uniform Warm cap or hat Hiking shoes or boots (no canvas, low cuts, or open ended)	
In Pockets:	Pocket knife Compass Pocket First Aid Kit	Matches Toilet tissue Handkerchief
In pack or on pack frame:	Backpack Personal toilet kit 1 quart of water extra socks Sweater or jacket 1 #10 can (no plastic lining) to cook in 5 each, 20" pieces of heavy-duty foil camp shovel	Poncho / Rainsuit Bedroll & ground cloth Bible or prayer book Scouting Handbook Dish, cup and Spoon 20' sash cord or binder twine flashlight

Optional: *one favorite piece of light-pack equipment deemed reasonable*

Each two-person team bring between them:

Two-person tent or 10'x10' plastic	1 cooking spoon
1 plastic sheet 6'x8' (dishwashing)	1 tote bag
1 small sponge	1 water purification pump
2 brillo pads	Backpacking stove, required

Food List for Each Two-Person Team:

Saturday Noon 1 sack lunch per person

Saturday Supper (*sample only; bring dehydrated food or other as you choose*)

½ to 1 lb. ground beef*	1 small box instant pudding
2 carrots	1 cup instant milk
2 small onions	2 packs instant cocoa
2 or 3 potatoes	salt & pepper

*freeze ground beef and wrap in several layers of newspaper before packing

Sunday Breakfast (*sample only; bring dehydrated food or other as you choose*)

4 eggs	2 handfuls of raisins
4 packages instant oatmeal	4 packets instant cocoa
2 oranges or apples	

Note: pack raisins in plastic bag. Pack eggs in #10 can padded with cloth.

Sunday Lunch -- Non-perishable

Canned meats, jerky, flat breads, nuts, dried fruits -- any food that doesn't need refrigeration.

You may bring that heavy cast iron Dutch Oven and your cobbler fixin's!

No, the oven and fixin's will be taken to the campsite in a short walk.