

BCLST-P Weekend Personal Gear Packing List

	1	BSA Form 680-001 Annual Health and Medical Record Parts A, B		4	qt water capacity minimum—at least 1 wide-mouth nalgene bottle for drink mix, bladder OK for rest
	1	Weather-appropriate shirt (not cotton)			Spoon
	1	Weather-appropriate pants (not cotton)			Cup
		Belt			Eating bowl
	1	Underwear (not cotton)			Sitting pad
	1-2	Hiking sox (not cotton)			Sleeping bag
	1	Camp sox (optional)			Waterproof cover for sleeping bag
		Fleece or wool jacket			Sleeping pad
		Hiking boots			Sleep clothes
		Camp shoes/sneakers (optional)			Ear plugs (recommended)
	2-3	Bandana			Headlamp/flashlight
		Brimmed hat			Extra batteries
		Waterproof rain jacket			Baseplate compass
		Rain pants			Walking stick/pole/trekking poles (recommended)
		Watch cap/beanie (optional)			Pocket knife/small multi-tool
		Wristwatch (recommended)			6' Duct tape
		Small water-proof bag for personal items in bear bag (heavy duty ziplok OK)			Personal care kit (Toothbrush, Small toothpaste, Chapstick, Pack towel, unscented wetwipes)
		Large Heavy Duty plastic trash bag			Personal meds/healthcare items
		Emergency whistle			Sunglasses/tether (recommended)
		Small lightweight daypack for 10 essentials on side hikes (optional)			Backpacking tent/ground cloth
		Waterproof notebook/pencil/pen (recommended)			4000 CI / 65 L (min) Pack
		Camera/spare battery (optional)			Waterproof pack cover