

IOLS gear list

- up to date **Health Form** (we will return them at the conclusion of the outdoor portion of the weekend)
- Uniform (as complete as possible)
- any legitimate prescription medication you require (should be listed on medical form also)
- pocket knife
- shoes/boots suitable for off-pavement walking
- Scout handbook and leader guide (in a daypack) will receive leader book on Friday eve.
- pen and tablet or notebook for note taking
- rain gear
- weather appropriate clothing (socks, underwear, coat, sweater, something to sleep in if desired)
- flashlight
- water bottle or canteen
- portable chair
- fire starters, waterproof matches
- cot and pillow and sleeping bag and/or blankets with sleeping pad
- personal hygiene items
- ground cloth
- tent (we will set up tent sharing but be prepared anyway)
- knife, fork, spoon, plate and cup (you may want to attach the cup to your belt)
- Cooking gear: (you will be contacted and asked to bring a few cooking items for Patrol meals.)
- compass