

Please review the weather before attending the course. The list below is not a comprehensive list but please work through the check list to ensure you have all of the items listed with you when attending the course.

If there is an item on the list that you do not have and cannot borrow within your unit please reach out to us and we will assist! We do not want a lack of appropriate gear to hold back anyone from taking this training course.

### **Sleeping**

- Tent
- Tent foot print or tarp for a ground cloth under the tent
- Sleeping bag rated for the forecasted weather
- Sleeping pad (optional but encouraged)
- Pillow (optional but encouraged)

### **Clothing**

- Clothing for the forecasted weather (this is an outside training program so prepare to be outdoors)
- Rain gear
- Brimmed hat
- Scout uniform shirt
- Camp shoes (extra shoes to wear inside a building)

### **Personal Hygiene/Toiletries**

- Tooth brush
- Tooth paste
- Soap
- Washcloth
- Towel
- Comb and or brush
- Personal medication

### **Course materials**

- Notebook
- Pen and or pencil
- Pocketknife (locking folding blade, no fixed blades)
- Personal first-aid kit
- Water bottle
- Head lamp or flashlight
- Ferrocerium fire starter (can be purchased inexpensively though Harbor Freight or Amazon)
- Compass
- Metal mess kit (must withstand cooking over an open fire)
- Eating utensils
- Spatula
- Hot pad or heat-resistant gloves like welder's gloves

### **Extras**

- Camp chair
- Sun glasses

- Watch
- Bug spray
- Sun screen

**Documents**

- Scouting America Health Form- Parts A and B
- If attending Outdoor Adventures- Screen Shot, or a copy of your BALOO online completion certificate