

Appendix L

CUB SCOUT SIX ESSENTIALS

The following items should be available for each Cub Scout on an outdoor trip. Consider a small fanny pack, day pack, or similar bag to organize the items and make them easy to carry without interfering with normal activities.

- First-aid kit
- Trail food
- Water bottle
- Sunscreen
- Flashlight
- Whistle

Overnighter Gear

- Tent or tarp, poles, and stakes
- Ground cloth
- Sleeping bag
- Pillow
- Air mattress or pad
- Rain gear or poncho
- Warm jacket
- Sweatshirt
- Sweatpants (for sleeping)
- Cup, bowl, knife, fork, spoon, mesh bag
- Insect repellent
- Sunscreen
- Extra clothing
- Toothpaste, toothbrush, soap, washcloth, towel, comb
- Cub Scout uniform
- Change of clothes
- Durable shoes/boots (depending on weather)
- Hat or cap

Optional Items

- Camera
- Notebook
- Binoculars
- Nature books
- Sunglasses
- Swimsuit, bath towel
- Fishing gear
- Prayer book

Appendix M

CLOTHING CHECKLIST

For Warm-Weather Camping:

- ☐ T-shirt or short-sleeved shirt (lightweight)
- ☐ Hiking shorts
- ☐ Underwear
- ☐ Socks
- ☐ Long-sleeved shirt (lightweight)
- ☐ Long pants (lightweight)
- ☐ Sweater or warm jacket
- ☐ Brimmed hat
- ☐ Bandannas
- ☐ Rain gear

Layering

For the most comfort in the outdoors with the least weight in your pack, use the layering system. Choose layers of clothing that, when combined, will meet the most extreme weather you expect to encounter. On a chilly autumn day, for example, you might set out from the trailhead wearing long pants, a wool shirt, a fleece sweater, mittens, and a stocking hat. As you hike, the effort will cause your body to generate heat. Peel off the sweater and stuff it in your pack.

Still too warm? Loosen a few buttons on your shirt or slip off your mittens and hat. You also can use layering to keep cool in hot climates by stripping down to hiking shorts, a T-shirt, and a brimmed hat. Lightweight long pants and a long-sleeved shirt will shield you from insects, brush, and the sun.

Footwear for Camping

Almost any durable shoes will do for a frontcountry camping trip. When your plans include walking to a backcountry campsite with all your food and gear in your pack, hiking boots can give your feet and ankles protection and support.

In addition to boots for hiking, you might want to carry a pair of running shoes or other comfortable, lightweight shoes to wear around camp. Any shoes or boots you use for camping must fit well. Your heels should not slip much when you walk, and your toes should have a little wiggle room.

Clean your boots or shoes after every outing. Use a stiff brush to remove mud, or wash them off with water and mild soap, then allow footwear to dry at room temperature. (Placing shoes too close to a campfire can dry out leather and damage nylon.) The manufacturers of leather boots might recommend treatment with a boot dressing or waterproofing agent; follow their instructions.

Be sure to break in new boots before using them in the field. Wear them several times, gradually extending the length of time you wear them until they feel like a natural part of your feet.

Appendix N

PACK CAMPING GEAR

In addition to the individual equipment listed in Cub Scout Six Essentials and personal overnight camping gear, the equipment listed below should be available for group use.

Required Items

- Activity gear—game material, craft supplies, etc.
- Aluminum foil
- Backpacking stove and fuel—or firewood, charcoal, and cooking grate
- Blanket
- Cleanup kit: sponge or dish cloth, biodegradable soap, sanitizing agent (liquid bleach), plastic scouring pads (no-soap type), dish mop, wash tubs, plastic trash bags, toilet paper in plastic bag
- Cooking utensils appropriate to your menu, or cook kit: pots and pans, spatula, large spoon and/or ladle, a pair of plastic sheets (4×4 feet), matches and/or butane lighters in waterproof containers, fire starters, charcoal chimney-style lighters
- Cooler
- Eating utensils
- First-aid kit
- Food
- Fuel canisters
- Ground cloth or tarp
- Insect repellent
- Nylon cord—50 feet
- Paper towels
- Plastic water containers
- Repair kit—rubber bands, safety pins, sewing gear (thread, needles, safety pins)
- Rope—quarter-inch, 100-foot length
- Shovel, ax, and saw
- Sunscreen
- Tent stakes
- Toilet paper
- U.S. flag, pack flag

Optional Items

- Cooking fly or tarp
- Dutch oven
- Grill
- Lawn chairs and camp stools
- Marshmallows, popcorn, etc.
- Musical instruments
- Pot rods
- Hot-pot tongs

Appendix O

PERSONAL OVERNIGHT CAMPING GEAR

Carry your outdoor essentials on every Cub Scout outing. When you want to camp out under the stars, add personal and group overnight gear.

Overnighter Gear

- Backpack with a rain cover
- Cleanup kit: soap, toothbrush, toothpaste, dental floss, comb, washcloth, towel
- Clothing for the season (see Appendix M, Clothing Checklist, for warm and cold-weather camping)
- Eating kit: spoon, plate, bowl, cup
- Ground cloth and pad
- Sleeping bag, or two or three blankets

Personal Extras (Optional Items)

- Binoculars
- Camera and film
- Fishing gear
- Gloves
- Nature books
- Notebook
- Pencil or pen
- Prayer book
- Small musical instrument
- Sunglasses
- Swimsuit and bath towel
- Watch