**National Youth Leadership Training**

**PERSONAL EQUIPMENT CHECKLIST**

Please arrive in an official Boy Scouts of America field uniform. This may be a Scout, Varsity, Venturing, Ship or Explorer uniform. The official field uniform will be worn for all meals and flag assemblies. There will be time throughout the course when an activity uniform may be worn. Other Scout t-shirts may be worn as part of the activity uniform. No apparel with inappropriate images or wording may be worn.

Be prepared for an overnight hike as well as living in camp. At least one pair of shoes should be suitable for hiking. Place your name on all clothing and personal items. Any items that you do not own, please borrow. A hiking backpack or frame should be used for getting gear from the parking lot to the campsite.

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| **REQUIRED:** | **REQUIRED:** |
| □ Current BSA Medical Form (Parts A, B & C) | □ Pens and/or pencils |
| □ BSA Field Uniform pants or shorts | □ Watch (not your cell phone) |
| □ BSA uniform socks (3 pair minimum) | □ Mess kit (plate, cup, bowl, fork, spoon) |
| □ BSA belt and buckle (if needed for uniform) | □ Camp stool or chair |
| □ NYLT Official shirt (2 provided at check-in) | □ 2 man tent to sleep in during the week |
| □ BSA or unit ball cap style hat | (borrow if you do not own) |
| □ Extra BSA or plain t-shirts (2 minimum) | □ Hiking backpack with support hip belt |
| □ Hiking boots (waterproof is best) | (borrow if you do not own) |
| □ Athletic shoes – for daytime field activities | □ Waterproof ground cloth |
| □ Underwear (4 minimum) | □ Sleeping bag or lightweight blanket |
| □ Rain suit or poncho | □ Small pillow |
| □ Sleepwear |  |
| □ Deodorant (non-aerosol) | **PROHIBITED ITEMS:** |
| □ Toothbrush and toothpaste | □ Trunks, footlockers or suitcases |
| □ Hand soap / body wash / shampoo | □ Cots |
| □ Comb or brush | □ Electronics (games, iPods, cell phones, etc.) |
| □ Towel and washcloth | □ Food |
| □ Lip balm | □ Lighter / Matches / Fireworks |
| □ Quart water bottle with carabiner | □ Open toed shoes |
| □ Personal first aid kit | □ Tobacco / Drugs / Alcohol |
| □ Sun screen (non-aerosol) | □ Walking Stick |
| □ Insect repellant (non-aerosol) | □ Non-Scouting hats |
| □ Flashlight or headlamp with extra batteries | □ Clothing with inappropriate images or messages |

**NOTE: Required / prescription medications** must be turned in to the course medical officer at check-in. Scouts must keep track of their own needs and see the medical officer whenever they need medications. Scouts may bring their own over the counter medicines (Tylenol, cold tablets, antacids, etc.). These should be turned in to the medical officer at check-in as well. Each Scout is responsible for asking for medication when it needs to be taken.