

IOLS Packing List

Personal tent w/ ground cloth and all tent parts including stakes

Sleeping bag (extra liner or blanket and pillow are great ideas)

Sleeping pad

Back pack with a rain cover (you can make one from a heavy-duty trash bag) or duffle bag

Your 10 essentials in a day pack:

- pocket knife

- compass (fluid filled basic compass)

- personal first aid kit

- water proof rain gear top and bottom

- reusable, cleanable water bottle filled with water

- flashlight with extra batteries

- matches and fire starter

- sun screen SPF 30 or above/ bug repellent if needed

- whistle

- jacket

Wear your uniform (if you have one)

Clothing for the season- layers!!! At 3,373' there can be snow in fall or mud

Long pants, long sleeved shirt or fleece, warm jacket, water proof layer, pjs or thermal underwear

Hat with brim for sun (Tip- a knit cap to sleep in keeps you warmer)

Mess kit: we are washing dishes and will not have plastic/paper so be sure and bring:

- Plate

- Cup

- Bowl

- Knife, fork and spoon or spork

- *Label these with your name*

Personal hygiene items like tooth brush and tooth paste, biodegradable soap, deodorant, comb etc... (Scout-a-Vista has flush toilets and showers)

Notebook and pen or pencil

Med form- completed and signed. Parts A and B only. If you have the covid or flu vaccinations please note that under "other immunizations"

Optional

Guitar if you play

Gloves for cold mornings and nights

a portable camp chair

Note- your car will not be at your campsite so if you have a back pack please use it.