* **10 Outdoor Essentials**
  + Pocketknife
  + First Aid Kit
  + Extra Clothing
  + Rain gear
  + Water bottle (filled)
  + Flashlight
  + Trail food
  + Matches and fire starters
  + Sun protection
  + Map and compass
* 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)
* shoes/boots suitable for off-pavement walking
* Scout handbook and leader guide (in a daypack).
* pen and tablet or notebook for note taking
* weather appropriate clothing (socks, underwear, coat, sweater, something to sleep in if desired)
* 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)