

ILST – Introduction to Leadership Skills for Troops

Welcome to **Introduction to Leadership Skills for Troops (ILST)**. The purpose of this course is to teach Scouts with leadership positions about their new roles and how to succeed effectively in those roles. ILST helps Scouts understand their responsibilities and equips them with the organizational and leadership skills needed to fulfill them.

ILST is the first course in the series of leadership training offered to Scouts and replaces the former Troop Leadership Training. Completion of ILST is a prerequisite for Scouts who wish to participate in more advanced leadership courses, such as **National Youth Leadership Training (NYLT)** and the **National Advanced Youth Leadership Experience (NAYLE)**.

IOLS Packing List

Please bring the following items for the Introduction to Outdoor Leader Skills (IOLS) weekend:

10 Outdoor Essentials

- Pocketknife
- First aid kit
- Extra clothing
- Rain gear
- Filled water bottle
- Flashlight
- Trail food/snacks
- Matches and fire starters
- Sun protection (hat, sunscreen, sunglasses)
- Map and compass

Additional Items

- Current BSA Health Form (will be returned at the end of the weekend)
- Full Scout uniform (as complete as possible)
- Any prescribed medications (must be listed on the health form)
- Shoes or boots suitable for off-pavement walking

- Scout Handbook and Leader Guide (in a daypack)
- Pen and notebook or tablet for note-taking
- Weather-appropriate clothing (socks, underwear, coat, sweater, sleepwear)
- Portable chair
- Fire starters and waterproof matches
- Cot, pillow, sleeping bag and/or blankets, sleeping pad
- Personal hygiene items
- Ground cloth
- Tent
- Eating utensils: knife, fork, spoon, plate, and cup (consider attaching the cup to your belt for convenience).