[**BSA Health and Medical Record form**\*](https://www.scouting.org/scoutsource/HealthandSafety/ahmr.aspx)

(Parts A & B) for EVERY participant

**Every Participant Needs:**

* Water bottle
* Closed-toe shoes\* good for moving around a campground that has rocks, sticks, bugs, and uneven ground
* Weather-appropriate clothing
* Rain gear if needed
* Sunscreen
* Bug spray

Consider bringing

* Snacks
* Camp chair
* A wagon for your littles
* Lunch if you are NOT camping overnight

**If you ARE camping overnight, eat dinner before arriving Friday and bring:**

* Tent
* Tarp/ground cloth for under the tent
* Sleeping bags/bed rolls/cots
* Pillows
* Extra blankets if the weather calls for them
* Flashlight/headlamp with extra fresh batteries
* Extra clothing appropriate for weather forecast
* Class A (Scout uniform) for flag ceremonies
* Class B (Scout/pack shirt) for activities
* Soap/shampoo/towel (showers are available)
* Toothbrush/toothpaste
* Mess kit (plate, fork, knife, spoon, cup/bowl)

**Packs will be eating together, so they need:**

* Cooking gear and food for breakfast/lunch/dinner Saturday and breakfast Sunday
* Water containers for hauling water for cooking
* First-aid kit (one per Pack)
* Trash bags
* Pack & Den flags if you have them
* Canopy/tables for kitchen area if you have them

**Optional items:**

S’mores supplies, Cub Scout Handbook, battery-operated lantern, wet wipes, glow sticks, camera

We HIGHLY encourage you to leave gaming devices at home. There will be plenty of activities to engage (and tire out) scouts and participants of all ages.

We also want as many units as are willing to prepare at least 1 skit for the campfire Saturday night. Skits and campfire participation build leadership and a sense of community and significance that all Scouts benefit from.

**THERE WILL BE LOTS OF ACTIVITIES INVOLVING WATER – PLEASE BRING AN EXTRA PAIR OF SHOES.**