

# Participant Packing List

Make sure you're all packed and prepared for a fun week of programs, adventure and Scouting this year at Camp Alpine. While this is not an exhaustive list, it's a good place to start. The Scout motto is "BE PREPARED," so make sure to pack like it.

<p><b>Clothing</b></p> <ul style="list-style-type: none"> <li>● Scout BSA Field Uniform Shirt</li> <li>● Some Activity uniforms, Scouting specific</li> <li>● 2 - 4 pairs of Scout shorts or Trousers, appropriate to Scouting</li> <li>● Scout Belt (web or leather)</li> <li>● Scouts or hiking socks</li> <li>● Appropriate Footwear: Hiking boots or trainer, no open shoes             <ul style="list-style-type: none"> <li>○ Flip flops or sandals (for bathhouse)</li> </ul> </li> <li>● Rain Jacket or Poncho</li> <li>● Warm fleeces/hoodies/jumper</li> <li>● Personal Clothing Items: underwear, bras etc. Daily with Spares.</li> <li>● Appropriate Swimwear</li> <li>● Hats             <ul style="list-style-type: none"> <li>○ Bring an appropriate sun hat</li> <li>○ Beanie or warm hat for cold evenings</li> </ul> </li> </ul> <p><b>Big Bits</b></p> <ul style="list-style-type: none"> <li>● Sleeping gear ( 3 seasons bag recommended)</li> <li>● Sleeping mattress</li> <li>● Small day backpack</li> <li>● Pillow</li> <li>● Tent</li> </ul>	<p><b>Scouting Essentials</b></p> <ul style="list-style-type: none"> <li>● Flashlight/head torch</li> <li>● Pocket Knife - Locking, spring-assisted and sheath knife NOT PERMITTED</li> <li>● Water bottle or Canteen</li> <li>● Sunscreen and sunglasses, aftersun</li> <li>● Trading item i.e. patches neckerchiefs</li> <li>● Spending money</li> <li>● Notebook, stationery, pens and pencils</li> <li>● Bug Repellant</li> <li>● Compass</li> <li>● Your Scout Neckerchief</li> </ul> <p><b>Personals</b></p> <ul style="list-style-type: none"> <li>● Toiletries and Towelx2</li> <li>● Laundry articles</li> <li>● Personal Medications</li> <li>● Watch</li> <li>● Pyjamas</li> <li>● Mess Kit, with utensils and cup</li> </ul> <p><b>Miscellaneous</b></p> <ul style="list-style-type: none"> <li>● OA sashes/memorabilia</li> <li>● Ziploc bags - keeps things waterproof</li> <li>● Patches for trading</li> </ul>
<p><b>Optional Bits</b></p> <ul style="list-style-type: none"> <li>● Camp Chair or Stool,</li> <li>● Radio/Alarm clock:</li> <li>● Reading material/hobby item</li> <li>● Games, frisbee, cards etc. for entertainment</li> <li>● Rope/paracord for pioneering projects</li> </ul>	<p><b>Merit Badges:</b></p> <p>Make sure to bring proof of prerequisites and workbooks for all your Merit badges. You may not be able to complete them if you don't</p> <p>Make sure to read the requirements thoroughly, and if you're unsure, talk to a parent about them or contact us for support!</p>
<p>You will be hiking and camping in the Alps, which even in summer can be cold. Be Smart! Be Prepared!</p> <p><b>Electronics should not be brought to Camp.</b> Scouts are here to experience nature and the outdoors. Mobile phones can be bought to call parents after the program but should not be used during the day.</p>	

# Summit Packing List Extras

## Summit

Our Summit Director wanted to make clear that In addition to the Packing list above, you should consider the following items:

<ul style="list-style-type: none"> <li>• 2-3 swimsuits, they often may not dry in time</li> <li>• A good backpack for overnight trips, and a day pack for 1-day activities</li> </ul>	<ul style="list-style-type: none"> <li>• Appropriate water shoes or sandals for water activities. NO Flips flops</li> <li>• Good hiking shoes with ankle support</li> <li>• Good waterproof rain gear</li> </ul>
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## Trek

~~Our trek program has slightly different requirements than other programs since you will be carrying all your equipment with you for the duration of camp. Make sure to review this list, but make sure you have everything you could need while out in the Alps.~~

~~The trick to backpacking is to keep everything light, and only bring what you need. Can you use something for multiple uses? Do you need a heavy sleeping bag? How can I reduce my total weight?~~

<p><b>Required</b></p> <ul style="list-style-type: none"> <li>• A comfortable backpack             <ul style="list-style-type: none"> <li>◦ Needs to be able to carry max 20lbs comfortably</li> </ul> </li> <li>• Sleeping bag/sleeping bag liner</li> <li>• Hiking boots. MUST HAVE ankle support</li> <li>• Water bottle recommended min. 2L</li> <li>• Two shirts</li> <li>• One pair of pants</li> <li>• One pair of shorts</li> <li>• Several pairs of socks, avoid cotton</li> <li>• Clothes to sleep in</li> <li>• Several pairs of underwear</li> <li>• Appropriate sunhat, and a beanie for evening</li> <li>• A waterproof jacket</li> <li>• "Camp shoes"             <ul style="list-style-type: none"> <li>◦ Any comfy shoes that will be worn after a long day of hiking</li> </ul> </li> <li>• Sunglasses</li> <li>• Sunscreen (30SPF or higher)</li> <li>• Toiletries</li> <li>• Headlamp</li> </ul>	<ul style="list-style-type: none"> <li>• Headlamp</li> <li>• Recommended one small dry bag             <ul style="list-style-type: none"> <li>◦ In case it rains you can keep your electronics dry (your trek leader will be carrying one also)</li> </ul> </li> <li>• Trashbags, to carry waste out from huts</li> <li>• Your Scouting Neckerchief</li> <li>• Warm clothing such as a fleece or thermals.             <ul style="list-style-type: none"> <li>◦ Even in the summer, the Alps get cold at night</li> </ul> </li> <li>• Bring a mess kit; please only bring one pot and one utensil</li> </ul> <p><b>Optional</b></p> <ul style="list-style-type: none"> <li>• Water Filter</li> <li>• Watch</li> <li>• Book</li> <li>• Camera</li> <li>• Diary</li> <li>• Cards or any small lightweight games</li> <li>• Hiking sticks (recommended)</li> </ul>
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