

Camp Alpine 2025 Participant Packing List

Make sure you're 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 we'd like to help you pack well!

Clothing

- Scout BSA Field Uniform Shirt
- Some Activity uniforms, Scouting specific
- 2 - 4 pairs of Scout shorts or pants (trousers), appropriate to Scouting
- Scout Belt (web or leather)
- Scout or hiking socks
- Appropriate Footwear: Hiking boots or trainers, no open-toed shoes
 - Flip flops or sandals (for bathhouse)
- Rain Jacket or Poncho
- Warm fleece/hoodie/sweater(s)
- Personal Clothing Items: underwear, bras, socks etc. Daily with Spares.
- Appropriate Swimwear
- Hat(s)
 - Appropriate sun hat
 - Beanie or warm hat for cold evenings

Camping

- Sleeping gear (3 seasons bag recommended)
- Sleeping pad/mattress
- Pillow
- Tent
- Ground cover
- Rain fly

Scouting Essentials

- Flashlight/head torch
- Pocket Knife – NOTE: spring-assisted and sheath knife NOT PERMITTED
- Water bottle or Canteen
- Sunscreen and sunglasses, aloe/aftersun
- Notebook, stationery, pens and pencils
- Bug Repellent
- Compass
- Scout Neckerchief
- Small day backpack
- Personal first aid kit

Personals

- Toiletries
- Towelx2
- Laundry articles
- Personal medications
- Hygiene Items
- Watch
- Pyjamas
- Mess Kit, with utensils and cup

Miscellaneous

- OA sashes/memorabilia
- Ziploc bags - keeps things waterproof
- Trading items i.e. patches neckerchiefs
- Spending money



<p>Optional</p> <ul style="list-style-type: none"> • Camp Chair or Stool, • Radio/Alarm clock: • Reading material/hobby item • Games, frisbee, cards etc. for entertainment • Rope/paracord for pioneering projects • Mug for Commissioners' Cafe 	<p>Merit Badges</p> <p>Make sure to bring <u>proof of prerequisites</u> and 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 leader about them or contact us for support!</p> <p><u>NOTE:</u> If participating in Crafts & Cultures or Outdoor Skills Merit Badges, bring clothing items that can get dirty and/or stained.</p>
<p>You will be hiking and camping at high altitude in the Alps, which even in summer, can be cold. Be Smart! Be Prepared!</p> <p>Consider bringing altitude sickness medication if you are sensitive to altitude changes.</p> <p>Electronics should not be brought to Camp. 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. *****The exception is for the Photography Merit Badge (Artist Block) which requires the use of a camera and/or cellular device with a camera*****</p>	



Summit Packing Extras (in addition to Participant Packing List)

PLEASE NOTE: These are recommended supplies to bring for Summit activities in addition to the supplies you need to bring for camping in your troop at the campsites.

General Supplies:

- Good waterproof rain gear (jacket with hood, pants, waterproof shoes)
- A good backpack for overnight trips, and a day pack for 1-day activities
- Clothing suitable for the activities you are participating in – must be Scout appropriate
- Sun hat
- Sunglasses
- Sunscreen
 - Minimum 30 SPF
- Hiking shoes
 - Trail runners, low rise, and ankle high shoes are ok but **MUST** be rated for hiking. No sneakers.
- Water bottle – must carry 2L on trail!
 - Plastic bottle of any kind, **no metal bottles**
- A jacket
 - Can be a light or heavy jacket but it must be waterproof
- For Water Activities
 - 2-3 swimsuits, they often may not dry in time for the next activity
 - Towel
 - Appropriate water shoes or hiking sandals for water activities. NO Flips flops
 - Small dry bag
 - Strongly recommended for keeping any electronics dry (your Summit leader will be carrying one also)
- Basic first aid kit (your Summit leader will be carrying one but consider bring your own)
- Your scouting Neckerchief

Optional:

- Personal climbing shoes (otherwise provided at activity)
- Personal water shoes (otherwise provided at activity)
- A camera

What **NOT** to Bring:

Adventure safety items like climbing harnesses, helmets, carabiners, life jackets, etc. Safety items will be provided by our activity vendors and participants will **not** be permitted to use their own gear. The only personal climbing, canyoning, and white-water rafting gear permitted is activity-specific shoes (climbing or water).

First Aid Kit: Recommended Supplies for High Adventure

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|-------------------------|------------------------|------------------|
| • Topical antihistamine | • Antibiotic ointment | • Nitrile gloves |
| • Band-aids | • Alcohol Swabs | • Cotton swabs |
| • Needles and thread | • Skin safe antiseptic | • Gauze pads |
| • Tweezers | wipes | • Medical tape |



- Moleskin
- NOTE: only adults can carry oral medication



Summit Overnight Packing List:

- A comfortable backpack
 - Needs to be able to carry 20lbs comfortably, ideally with a waist strap
- Sleeping bag liner AND sleeping bag. Liner is required for overnight.
- Hiking shoes
 - Trail runners, low rise, and ankle high shoes are ok but **MUST** be rated for hiking. No sneakers.
- Water bottle – must carry 2L on trail!
 - Plastic bottle of any kind, **no metal bottles**
- Two shirts
- One pair of pants
- Two pairs of shorts
- Several pairs of socks
 - Minimum of three pairs, ideally socks that wick sweat i.e. not cotton
- Pants / shorts and a shirt that you plan to only sleep in
- Extra pair of underwear
- A day-time hat and a beanie for nighttime
- A jacket
 - It can be a light or heavy jacket but it must be waterproof
- “Camp shoes”
 - Any comfy shoes that will be worn after a long day of hiking – **must be closed toed**
- Sunglasses
- Sunscreen
 - Minimum 30 SPF
- Your scouting Neckerchief
- Basic first aid kit (your Summit leader will be carrying one but feel free to bring a small first aid kit)
- Toothbrush / Toothpaste
- One bag to carry trash out from the huts

Optional:

- Small dry bag
 - Strongly recommended for keeping any electronics dry (your Summit leader will be carrying one also)
- Cards or any small light weight games
- a mess kit (mess kit provided at hut)
 - please only bring one pot and one utensil
- A watch
- A book
- Head lamp
- If you want to bring a water filter you are welcome to
 - your Summit leader will be carrying one also

