

Scout Essentials for Troop 209

Label all items with Scouts name and phone number

These items must be with you on all Treks – in a small daypack

- Boy Scout Handbook
- Water – at least 1 liter in a Nalgene bottle or hydration pack
- First Aid Kit – small personal size w/ CPR mask and gloves
- Matches – strike anywhere style in a waterproof case
 - Firem'n Chip required for use
- Pocketknife – Swiss Army type, tinker model or other small size
 - Totin'n Chip required for use
- Compass – Silva type
- Rain gear – jacket w/ hood or poncho
- Flashlight / Headlamp and extra batteries – think small LED
- Emergency Space Blanket
- Whistle
- Sunglasses
- Sun protection – sunscreen SPF 30+
- Chapstick lip protection w/ SPF
- Insect repellent
- Toilet paper – Don't bring a whole roll, fold some up in small Ziplock bag
- Rope – 50' of parachute cord or similar nylon cord
- Emergency snack – trail food, granola bar, Cliff bar, jerky – replace when expired or eaten
- Journal and writing stick
- Needed medications for allergies or medical conditions – let the Trek leader know you have them

Extras

- Small multi-tool – Leatherman or Gerber
- Flint and steel or similar fire starter
- Playing cards
- Money - \$5 to \$10
- Camera
- Watch
- Small binoculars

When purchasing these items think about the size, weight, and cost. Some inexpensive tools are not worth the price as they often break when they are needed the most.

Troop will provide a Troop First Aid Kit, water filters, Axe, and trowel