



PADDLING OUTING



- PFD (a.k.a. life jacket)
- Paddle
- Lightweight rain gear
- Sunglasses with strap
- Sunscreen, non-oily cream
- Water bottle with clip
- Swim trunks
- Wide-brimmed hat
- Towel
- Baby powder or Gold Bond (to cut down on chafing)
- Insect repellent
- Flip flops
- Fishing license

PADDLING EXPERT ESSENTIALS:

- Dry bag
- Dry box
- Fishing hat
- Polarized sunglasses

2 THINGS YOU DIDN'T KNOW YOU NEEDED:

- Lightweight long-sleeve shirt and long pants
- Dive booties

THE SCOUT OUTDOOR ESSENTIALS

They're called Essentials for a reason. Every packing list starts with these items.

- Pocket knife
- First-aid kit
- Extra clothing
- Rain gear
- Water bottle
- Flashlight
- Trail food
- Matches and fire starter
- Sun protection
- Map and compass



KEEPING CLEAN

- Toothbrush
- Toothpaste
- Dental floss
- Soap
- Comb
- Waterless hand cleaner
- Small towel
- Washcloth
- Toilet paper
- Trowel for digging cathole latrines

COOKING/EATING

- Large plastic cereal bowl or kitchen storage bowl
- Spoon
- Cup or Insulated mug
- Water treatment system
- Backpacking stove with fuel
- Large pot and lid (2.5- or 3-quart size)
- Small pot and lid (1.5- or 2-quart size)
- Lightweight frying pan (10 to 12 inches in diameter)
- For melting snow, add one large pot and lid (6 to 10 quarts)
- Hot-pot tongs

EXTRAS

- Watch
- Camera
- Notebook
- Pen or pencil
- Sunglasses
- Small musical instrument
- Swimsuit
- Gloves
- Whistle
- Nylon cord
- Insect repellent
- Repair kit
- Hiking stick or trekking poles
- Binoculars
- Fishing gear
- Animal identification books, plant keys, geological studies, star charts etc.