

# SCOUT OUTDOOR ESSENTIALS

They're called "essentials" for a reason. Every Troop 1818 hike packing list starts with these 13 items.

## 1. A pocketknife and Totin' Chip



## 2. A first-aid kit

Items to treat scratches, blisters, bug bites, ticks and other injuries.



## 3. Extra clothing to match the weather.

Multiple layers. Dry socks if conditions are wet.



## 4. Rain gear or poncho

## 5. A flashlight, headlamp



## 6. Trail food

for maintaining your energy. Bring more than you think you'll need in case you get stuck (or lost) in the woods.



## 7. One to two liters of water

depending on length of hike. Use a lightweight containers with a secure lids.



## 8. Matches and/or a fire starter

in waterproof container

## 9. Sun and bug protection

Include sunblock, lip balm and a wide-brimmed hat plus bug spray with Deet for ticks.



## 10. A map and real compass

NOT a toy compass, in case you get lost.

## 11. A sturdy day pack

with comfortable wide straps. Avoid cheap string strap packs, they tend to cut into the shoulder.



## 12. Safety Whistle

## 13. Contact name and emergency numbers.

