



1ST PORT NELSON HIKING GEARLIST

HIKING ESSENTIALS

- Pack - *when fully loaded should be only 20% to 25% of body weight*
- Hiking boots - *well broken in & waterproof*
- Topographic map of area
- Compass
- Personal first aid kit with moleskin & personal medicines
- Flashlight with extra batteries & bulb
- Whistle - *for signaling*
- Drinking water - *1 L. min.*
- Pocket knife
- Matches - *waterproof*
- Rain poncho
- Sun protection - *sunscreen, hat, glasses*
- Trail food for quick energy
- Hiking clothes - *see below*

HIKING AND CAMPING CLOTHING

Select items to fit the trip and weather conditions

- Wicking long underwear top & bottoms
- Long-sleeved wicking shirt
- Fleece jacket or wool sweater
- Rugged pants
- Quick-drying pants/shorts
- Quick-drying swimsuit
- Sun hat - *with brim*
- Bandana
- Toque
- Gloves/mittens
- Waterproof jacket & pants - *or poncho*
- Heavy or midweight wool or synthetic-fiber socks - *2 pair*
- Wicking liner socks - *2 pair*
- Camp shoes or sandals

PERSONAL CAMPING GEAR

- Sleeping bag in waterproof stuff sack
- Thermal sleeping pad
- Mess Kit
- Mosquito repellent
- Camera
- Lip balm

- Toilet paper
- Toothbrush & toothpaste
- Small bath towel
- Comb
- Other personal toiletry items
- Paper & pencil
- Scout Handbook
- Money

PATROL GEAR

- Tent with ground sheet
- Rain Fly
- Food
- Stove & fuel
- Cook set
- Water bottles
- Water filter &/or water-purification tablets
- Liquid bio-degradable soap & pot scrubber
- Garbage bags
- Extra plastic bags for clothes & gear
- 100 foot cord/rope
- Backpacker's trowel
- Patrol first aid kit

LEADER'S RESPONSIBILITY

- Scouting tour permit
- Consent to treat forms for each Scout
- Leave trip itinerary with emergency contact person
- Wilderness permit - *if required*