

Day Hike Personal Gear List - Troop 14

Recommended Equipment to have on Day Hikes

- ** Each person's wants and needs vary, therefore their gear will vary. **Think small, think light.** Each scout is to determine what required gear is needed for that outing. It is your responsibility.
- ** Quantity and type of clothing dependent on length of trip, season and weather.

Outdoor Essentials

- Pocketknife
- Personal First Aid kit
- Rain Gear (rain jacket and rain pants; *poncho not acceptable*)
- Water Bottles - Nalgene, minimum 4 quarts of water per person
- Flashlight (or Headlamp)
- Food/Lunch (trail mix, power bars) - high protein, high energy
- Insect Repellent
- Sun Screen
- Lip Balm
- Compass, Maps

Backpack – All gear to be in pack or attached securely (in waterproof stuff sacks or plastic bags)

Daypack

Gear

- Personal Mess Kit (As needed for Lunch - bowl, cup, fork/spoon)
- Toilet paper
- Large Plastic Trash Bag
- Various size Ziplock Bags (one large one to be used for personal trash bag)
- Plastic Shopping Bags (to use as boot liners when boots get wet)
- Carabineers

Clothes - Adjust for personal comfort, season and expected weather

** Wicking type clothing best, **NO cotton**

- Hiking Boots (waterproof)
- Wool Socks / Sock Liners (x2)
- Underwear
- T14 Red Class B Shirt (wicking type)
- Shirt (long sleeve)
- Shorts
- Long Pants (zip-offs?)
- Fleece Jacket / Sweater (wool)
- Hat (brim)

Personal Extras (optional)

- Bandana(s)
- Foot Powder
- Watch
- Camera
- Notebook, Pencil / Pen
- Sunglasses
- Spending Money
- Trekking Poles

including your portion of Patrol Gear, your pack should not exceed 20% of your weight.

NO CELL PHONES, IPODS, ETC.