

Individual Equipment

- Wear:** Scout BSA uniform
 Warm cap or hat
 Hiking shoes or boots (no canvas, low cuts, or open ended)
- In Pockets:** Pocket knife
 Compass
 Pocket First Aid Kit
- Matches
 Toilet tissue
 Handkerchief
- In pack or on pack frame:** Backpack
 Personal toilet kit
 1 quart of water
 extra socks
 Sweater or jacket
 1 #10 can (no plastic lining) to cook in
 5 each, 20" pieces of heavy-duty foil
 camp shovel
- Poncho / Rainsuit
 Bedroll & ground cloth
 Bible or prayer book
 Scout BSA Handbook
 Dish, cup and Spoon
 20' sash cord or binder twine
 flashlight
- Optional:** *one favorite piece of light-pack equipment deemed reasonable*

Each two-person team bring between them:

- | | |
|-------------------------------------|--|
| Two-person tent or 10'x10' plastic | 1 cooking spoon |
| 1 plastic sheet 6'x8' (dishwashing) | 1 tote bag |
| 1 small sponge | 1 water purification pump |
| 2 brillo pads | backpacking stove (or material for small fire) |

Food List for Each Two-Person Team:

Saturday Noon _____ 1 sack lunch per person

Saturday Supper *(sample only; bring dehydrated food or other as you choose)*

- | | |
|-------------------------|-----------------------------|
| ½ to 1 lb. ground beef* | 1 small box instant pudding |
| 2 carrots | 1 cup instant milk |
| 2 small onions | 2 packs instant cocoa |
| 2 or 3 potatoes | salt & pepper |
- *freeze ground beef and wrap in several layers of newspaper before packing

Sunday Breakfast *(sample only; bring dehydrated food or other as you choose)*

- | | |
|----------------------------|-------------------------|
| 4 eggs | 2 handfuls of raisins |
| 4 packages instant oatmeal | 4 packets instant cocoa |
| 2 oranges or apples | |
- Note:** pack raisins in plastic bag. Pack eggs in #10 can padded with cloth.

Sunday Lunch -- Non-perishable

Canned meats, jerky, flat breads, nuts, dried fruits -- any food that doesn't need refrigeration