



# 1 Night, Fall Hike Camp Suggested Kit List

## 1. First Rule: PLEASE PACK YOUR OWN GEAR!

This way YOU will know what has been packed, and maybe even where it is located. Mom/Dad are encouraged to help, but may NOT do it for you.

2. Please keep in mind we will be spending ALL of our time outside.
3. A good habit we can learn, is to pack clothing in the large Ziploc (or similar type) bags. Things will always stay dry, and this also helps kids keep their clothes sorted, dirty from clean. It also doesn't hurt to toss in an extra bag or two, just in case particular items become moist or dirty. You can also sit on the Ziplocs as you are closing them, and get all of the air out of the clothes.
4. Please label everything, with your name or initials. For those hard to label items, ~~like cutlery, or cups/bowls/plates,~~ I have a power etching tool we can use at our next meeting, and I will happily put your initials/name on items for you. (permanent)
5. We will be hiking in, so arriving self-contained and ready to go (ie: backpack/bag with everything on or in it) is necessary. Patrol gear, will be hauled in by us as well.
6. **NO garbage bag packing**, please. They simply don't stand up to any wear and tear.

As we go through the rest of the kit list, please bear in mind that the Fall can be a challenging time of year for weather, and so we try to **Be Prepared** for any circumstances. Some items may look odd, or seem redundant, but better to bring home some extra clean socks, than to have wet cold feet.

**(sweat-laden socks, are the #1 cause of cold feet**

**- IF YOUR FEET ARE COLD, CHANGE YOUR SOCKS.**

The clothing listed below, is in **ADDITION** to appropriate layers of clothing worn for arrival. As previously discussed, multiple thin layers, is the way to stay warm, and allow for adjustments in temperature. Further, changing the layers closest to the skin, to remove things like wet (sweaty) socks, is the best way to stay warm!

### CLOTHES:

- 1 pair of underwear
- 6 pairs of good cotton sweat socks, or a mix of sweat socks and nylon socks
- 2 pairs heavy woollen socks
- 1 pairs long underwear (or fleece pyjamas will work too)
- 3 t-shirts
- 2 pairs of long normal pants (no jeans or 100% cotton, they don't wick sweat)
- 2 Long Sleeved Shirts (turtle necks are best if you have)
- 1 Sweat shirts/sweaters

### OUTER WEAR:

- Water repelling coat (preferably with hood), or regular coat plus rain poncho.
- Hiking or Supportive Shoes
- Spare shoes, or alternatives
- Warm winter hat (may get cool at night)
- Scarf or neck warmer
- 1 pair of warm mitts or gloves (scouts always seem to get them wet somehow) (water repellent mitts are best!)
- Water repellent outer pants, if possible. (available as a kit with rain coat)
- \* As you can see, we're trying to be ready for any weather.

### TOILET ITEMS:

- Toothbrush and paste, soap and wash cloth (yes, we will wash, even in the cold!)

### EATING UTENSILS:

- Patrol gear will include eating implements and dishes

### BEDROLL:

inside the other)

- Colder Weather Sleeping bag (or two placed one

no air mattresses)

- Foam ground mattress (or self-inflating mat, or similar,

### Other Items:

- Camp uniform is our group Necker.
- A DECENT flash light or lantern, with extras batteries
- Your personal survival kit (details below)
- Wide-mouth canteen or water bottle
- Camp knife if you own one.

**Note:** for this camp, you will also need a very small day-pack. Just enough for lunch, water, socks, emergency kit, and a few other small items.

**ANY MEDICATIONS: ARE TO BE PUT IN A ZIPLOC BAG AND CLEARLY LABELED WITH INSTRUCTIONS. PLEASE GIVE TO SCOUTER UPON ARRIVAL TO CAMP.**

**Similarly, any special needs, sleeping habits, or other concerns, can be jotted down and handed in at arrival time.**

**Equipment Sources:** Both the Scout Shop, and Canadian Tire or Wal-Mart's camping sections, have good options, for anything you don't already have. Feel free to call the Scout Shop before driving down, and ask questions... they are very helpful there, and carry everything you could ever need. (905) 528-4662 ***(they're also generally cheaper, and the profits benefit Scouting)***

I have several packs I can lend out, if folks wish to borrow them for the weekend. Please return them to me at the following meeting.

***Questions? –Ask!***

***There are no stupid questions. (905) 692-0693 – Scouter Andy***

### **Emergency/Survival Kit**

We have been talking about the details of an emergency kit, at the meetings.

The basic premise is, a small watertight kit, that each Scout will carry with them, when on hikes or at camp, containing basic items to assist with either normal camping, or short term survival in the event of an emergency in the woods.

It is a requirement of this camp, that each Scout have their kit with them, so please finish and bring them. (and then show us!)

The idea is simple, in that you keep this kit ready to go, so that at any time you go on a hike, camp, etc, you've got something with you that you can count on.

The size of the box, is dependant of course on the size of the items, but could be something as simple as a small sandwich size Tupperware. (with their name on it of course, and labelled for what it is)

Here is a list of **suggested items**, which you may of course enhance if you wish: (it's an all-season list, and my own is actually a lot longer)

Emergency food (bouillon cubes, soup packets, or the like)

Energy snack (sealed granola bar, or the like)

Matches (waterproofed, or in container)

Compass

Insect repellent (you may want to remove this item in the winter)

Small folding knife

Fishing line

Fish hooks/lures

Thin wire (3m, snare wire)

First aid adhesive tape

Sealed Gauze Pad

Pencil/Paper

Aluminum foil (3 sheets square – or more, folded up small and flat)

Water purification tablets

Whistle

Good fabric adhesive bandages

Mirror (or other reflective signal device, like an old CD)

Fire-starter material or candle

Reminder notes, on what to do when lost.

Questions?

Ask