

## CJ Kit List – Suggested

**Carrying Gear** – a backpack or duffle, **and** a real school-size day pack. (no little stringy packs please)  
(part of the plan, is to only access the main pack every few days, or as needed, and keep a few changes of clothes in the daypack with toiletries)

We are happy to loan out the troop packs, just please book ahead.

**Sleeping Bag** – summer weight sleeping bag, preferably one that stuffs down really small.  
(don't go buying a new one, just try and think of space conservation if you have a choice)

**Foam pad** – dense blue/yellow ground pad, or a thermarest self-inflator. No air mattresses please, but you do need something. (having nothing between you and the ground, is **not** an option, and we have loaners)

**Toiletries** – soap, shampoo, toothpaste, toothbrush, etc.

Going without washing, will not be an option. (everywhere we are staying, has either showers, swimming, or both)  
Glycerine based, or labelled biodegradable soaps, are preferred.

**Medicines** – we have a separate sheet for this.

Self-medicating is not permitted, however if there are things you normally might take for an upset tummy, headache, allergies, etc, please make note of them on the special page, and we'll happily dispense as permitted by parents.

**Uniform** – bring it. Shirt and necker. For sure. No excuses. And get those badges sewn on, would you please??

**Hat** – absolutely needed. Wide-brimmed, to keep sun off your neck and face.

You might want to pack a touque too, just in case we get a cool night. A warm hat on your head, will go a long way, and it doesn't take up much space.

**Footwear** – comfortable and supportive footwear for walking or hiking, for everyday wear.

(this could be hiking boots, good runners, or the like – but **NOT CROCS**)

Waterproof footwear – could be same hikers as above, or rubber boots - just make sure you have good socks on if its boots!

Water Shoes – a nice optional piece, if you have something to wear at or into the water. (crocs ok here)

Consider packing a spare shoelace or two as well...

**Swimsuit** – bring two, if you have them. At least one needs to be a one-piece suit for the ladies please, as some water activities will be “active”. Some site showers are group showers, and therefore those showers will be used with suits on.

**Your Personal Survival Kit** – the one you all have already. Never know what you might need, and feel free to put extra little things in it, like bandaids, nail clippers, tweezers, and other items. (think about it)

**Flashlight** – Yes, something decent please. We have also been given a box of them by a local company, and we will distribute them. (spare batteries are also a good idea here)

**Pocket Knife** – one. Maybe a spare in your survival kit. But you don't need 7...

**Rain Gear & Jacket** – your windbreaker/jacket should be WATERPROOF, that is, if you spray it with water, the water beads off and drips from it, and the material doesn't absorb it.

Matching waterproof overpants, are a “nice to have” along with it.

Don't worry if you don't have either, just bring a decent rain poncho instead. (very affordable, and they work)

**Water Bottle** – absolutely required. There will be no open drinks on the bus, and we will need to carry water around with us everywhere we go. So plan something you can carry in your day-pack, or something that clips on somewhere.

**Sunscreen** – your brand preference, but non-aerosol spraying please. Stick to bottled lotions, as the spray ones tend to get all over everyone, the tents, the food, the ...

**Insect Repellent** – Muskol is a good choice here, but any containing at least 25% deet. Non-spray type again please, as either of these items will actually damage tent nylon if sprayed on them.

Hopefully we don't see too many bugs, but better to be prepared.

**Mesh Laundry Bag with Drawstring and Name on it** – we'll be using a Laundromat, with big tumblers, so you'll need a bag, or share with a friend. (got my last one at Walmart)

**Clothing:** (aim for enough for 8 days, but think of space)

- Undergarments
- Socks, normal, plus a few woolen pairs, plus some spares (dry feet = good)
- Shorts (several pairs)
- Long pants (likely one or two pair will do, we mostly expect warm weather)
- PJs or sleeping wear
- T-shirts (clean ones each day please)
- Sweatshirt, with hood if possible.
- Long-sleeved shirt.
- Bathing suits, as previously mentioned.

**Optionals:**

- Books, items to read, Kobo, etc., card games.
- iPods or the like, following your self-determined guidelines for use.
- Camera

**Cell Phones** – are not needed, and are **highly discouraged**. They always lead to heartache, whether through homesickness or loss/damage.

If your chosen camera/music/reading device is an iPhone for example, consider removing the SIM card for the trip, to avoid nasty surprises on billing day.

All leaders will have access to emergency phones, and can be reached in an emergency. We'll also be sending out notes from everywhere we go, via Twitter and other methods.

**Responsibility** – The Scouts are responsible for their own gear, and items they bring. Volunteer Leaders will do anything we can to assist with challenges, but cannot be responsible for anything you bring, that you might lose or damage.

Additionally... if you bring something you shouldn't have, or, you break your own rules for acceptable use of electronic devices, the Court of Honour will decide your fate. ☺

**NO FOOD OR CANDY IN YOUR PACKS. All snacks/food go into patrol boxes.**

**NO:** Fireworks, Caps, Firearms, Slingshots, Potato Cannons, Rocket Fuel, Napalm, Cigarette Lighters, Personal Computers, etc. (the list gets longer every year) ...IF IN DOUBT, LEAVE IT AT HOME! ☺

**Questions? Ask. (905) 692-0693 – (416) 428-4200**