



Troop 2970 Personal Gear Checklist

	Item	Qty		
A	Innerware			
A1	Quick dry shirt, long sleeve (NO COTTON)	2	REQUIRED	
A2	Pants - zip-off preferable (NO COTTON)	2	REQUIRED	
A3	Long johns (top & bottom), polypro, thermex, capeline, etc (NO COTTON)	as needed	REQUIRED	
A4	Underwear, etc (NO COTTON)	as needed	REQUIRED	
A5	Socks, thermex/polypro inner & wool outer is preferable	as needed	REQUIRED	
A6	Hankerchiefs / Bandannas	as needed	OPTIONAL	
A7	Spare warm glove liners	1 pair	OPTIONAL	
A8	Dry bag for all clothes	1	REQUIRED	
B	Equipment			
B1	Duffel bag or small backpack	1	REQUIRED	
B2	Sleeping bag, SYNTHETIC	1	REQUIRED	
B3	Sleeping pad, closed-cell foam or self-inflating matt	1	RECOMMENDED	
B4	Insect repellent w/o perfume (4-6oz)	1	OPTIONAL	
B5	Compass	1	REQUIRED	
B6	Flashlight and/or headlamp	1	REQUIRED	
B7	Matches & waterproof match container (only if scout has Firem'n Chit)	1	REQUIRED	
B8	Small pocket knife or multitool (only if scout has Totin' Chip)	1	REQUIRED	
B9	Water bottles, quart/liter size (Nalgene bottles, Platypus water bladders)	2 each	REQUIRED	
B10	Personal camp chair		OPTIONAL	
B11	Sunglasses or goggles, polarizing preferred	1	RECOMMENDED	
B12	Sunscreen (SPF15 or greater) & lip balm (SPF15 or greater)	1	RECOMMENDED	
B13	Whistle	1	RECOMMENDED	
B14	Watch (waterproof or water resistant)	1	OPTIONAL	
B15	Cup, bowl or deep plate, spoon fork (or spork), in lexan, plastic or metal	as needed	REQUIRED	
C	Personal Hygiene			
C1	Toothbrush & paste	1	REQUIRED	
C2	Small towel or chamois washcloth	1	OPTIONAL	
C3	Personal first aid kit (small)	1	REQUIRED	
C4	Soap, non-polluting, hand cleanser	1	REQUIRED	
C5	Personal medications (e.g. bee sting kit, etc)	1	OPTIONAL	
C6	Other hygiene essentials as required	as needed	OPTIONAL	
E	Outerwear			
E1	Rain parka & pants - either breathable or waterproof - REQUIRED, REQUIRED, REQUIRED	1 set	REQUIRED	
E3	Lightweight camp shoes (e.g. tennis shoes or water shoes)	1 pair	OPTIONAL	
E4	Fleece jacket or pullover, mid-weight (Polartec-200)	1	RECOMMENDED	
E5	Hat, full brim or rain hat, sleeping hat for cold weather camping	1	REQUIRED	
E6	Gloves - warm when wet (neoprene, pogies, w/ liners, watersport gloves, etc)	1 pair	REQUIRED	

FORBIDDEN:

- F1** Firearms
- F2** Pyrotechnics of any sort (explosives, gunpowder, fireworks, flare-type fire starters, napalm, etc)
- F3** Alcohol or tobacco products, or tobacco paraphernalia
- F4** Illegal drugs or drug paraphernalia