



A week of patrol living: pack so you can find things on day four. No phones at camp.

SLEEPING

- ☐ Sleeping bag or sheets and blanket
- ☐ Sleeping pad or camp mattress
- ☐ Pillow

CLOTHING FOR THE WEEK

- ☐ Troop/Trail Life shirts plus daily shirts
- ☐ Shorts and long pants
- ☐ Underwear and socks for every day, plus spares
- ☐ Rain shell or poncho
- ☐ Swimsuit and towel
- ☐ Boots plus water shoes or sandals with heel strap
- ☐ Wide-brimmed hat
- ☐ Two bandanas

PERSONAL KIT

- ☐ Toiletries: toothbrush/paste, soap, deodorant, small towel
- ☐ Sunscreen and lip balm
- ☐ Bug repellent
- ☐ Water bottles (2-3 L capacity)
- ☐ LED flashlight or headlamp with fresh batteries
- ☐ Mess kit (cup, bowl, spoon/spork)
- ☐ Personal first aid supplies
- ☐ Small Bible
- ☐ Pocket knife (with earned privileges)
- ☐ Laundry bag

OPTIONAL

- ☐ Camera (no phones permitted)
- ☐ Hard candy
- ☐ Notebook and pencil