

## WR Personal Equipment List

### List for 2<sup>nd</sup> Year to Sting

#### Pack

- Back Pack (minimum 60 liter). We strongly recommend a high-quality backpack with a padded hip belt; either internal or external frame types are acceptable.
- Day pack (approx. 20-liter w/hip belt)
- Plastic or waterproof pack cover
- Pack repair kit (extra hip belt buckle, chest strap buckle, and 5 safety pins)

#### Clothing

- Hiking Boots** / running shoes (sturdy, well broken in)
- Water Shoes (for use in the creek)
- Four pairs of heavy socks (high wool content)
- Six pairs of light socks (tube-type cotton)
- Two extra pairs of hiking pants/jeans and a leather belt
- One pair of short pants
- One swim-suit
- Three T-shirts
- One heavy shirt or sweater
- One light shirt (long sleeves)
- Ten changes of underwear
- Fall/Winter weight jacket
- Rain Gear (durable, Pants and jacket recommended, no Ponchos)
- Kepi (neckerchief to protect the back of the neck from the sun) (That can be attached to a hat safety pin) to cover the neck
- Troop Uniform & Necker
- 2 – 3 Reusable Covid Face Mask

#### Night Gear

- Sleeping Bag (0 degrees C, or lower rated)
- Waterproof Stuff Sack
- Sleeping pad
- Survival Thermal Blanket (Coghlan's)
- Pillow Case (no pillow, use your clothes from your pack)
- Pajamas or long underwear or sweat suit

#### Personal Hygiene

- Toothbrush and toothpaste
- Comb or Brush
- Soap (in soap container)
- Small Bottle Hand Sanitizer
- Facecloth (in zip lock bag)
- Alcohol free individually wrapped wipes
- Towel
- Small Kleenex pack (or hankie)
- Toilet Paper (in zip lock bag)
- Deodorant
- Small trowel or Flower Bed Shovel (Poop Shovel for Trail use)
- Travel pack of Handi-Wipes

#### First Aid

- Antiseptic cream (small tube)
- Several small gauze pads
- Adhesive tape (small roll)
- Moleskin (4x4 sheet for blisters)

- Five butterfly Band-Aids
- Personal Medication and allergy Medication (as identified on the Medical Form, with instructions)

#### Other Gear

- Mess Kit - Metal preferred for trail cooking (plate, cup, bowl, fork, spoon, knife)
- Sierra Cup (suitable for individual cooking)
- 2 Nalgene Water Bottle (minimum 1 litre size) Note: 500 ml not recommended.
- Net bag (for hanging dishes in to dry)
- Pocket knife (lock-blade type) (max 10 cm blade)
- Matches (in a waterproof container)
- Compass (**Mandatory must be marked to 2-degree increments such as Silva 123 Starter or Suunto A-10**) with neck cord
- Watch (activities are scheduled)
- Small flashlight (AA battery type)
- Extra batteries (2 sets)
- Pencil
- Small notepad
- Sunscreen (Mandatory, small tube or bottle)
- Lip balm (containing sunscreen)
- Afterbite
- Insect repellent (small bottle, non-aerosol, low DEET)
- Two large garbage bags
- Ziplock Bags to put Trail Clothes in
- Six wooden clothes pins or bread bag seals
- Sewing Kit (needles, thread, buttons, safety pins)
- 5 meters of strong cord (4-mm cotton or equiv for splint)
- 2<sup>nd</sup> & 3<sup>rd</sup> & 4<sup>th</sup> year participants**, a small **lightweight tent** for solo camping.
- 3<sup>rd</sup> & 4<sup>th</sup>-year participants**, a small personal **camp stove** for trail cooking
- 3<sup>rd</sup> & 4<sup>th</sup> year participants**, a backpack water filter
- 3<sup>rd</sup> & 4<sup>th</sup> year participants**, please bring your WR whistle back with you

#### Optional

- Badges for trading
- Camera
- Sunglasses
- Gaiters (for keeping feet and ankles dry)
- Campfire blanket

#### Notes:

1. Youth Cell Phones are strongly discouraged in camp.
2. No junk food, please.
3. **Please** make sure all items are **labeled** with your **name**.
4. Youth are allowed to bring money but are not allowed to keep it in camp. It must be left with your troop Leader.

*Good-quality sleeping bags, backpacks, and compasses are essential. Participants will suffer if these items are not of high quality. All personal gear must be carried from the parking lot (a minimum of 500 metres) to your individual sites. We don't recommend rubber boots.*