

WR Personal Equipment List

List for Cubs/Kit Program

Pack

- Backpack, Duffel Bag, or other type bag suitable for all gear (no suitcases)
- Day pack (School Bag Pack is fine)
- Garbage bag suitable to cover packs in rain

Clothing

- Running shoes (sturdy, well broken in)
- Rubber Boots
- Water Shoes (for use in the creek)
- Four pairs of heavy socks (high wool content)
- Ten pairs of light socks (tube-type cotton)
- Five extra pairs of hiking pants/jeans and a leather belt
- Three pair of short pants
- Two swimsuits
- Eight T-shirts
- Four heavy shirt or sweater
- Three light shirts (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

Night Gear

- Sleeping Bag (0 degrees C, or lower rated)
- Stuff Sack
- Sleeping pad
- Pillowcase (no pillow, use your clothes from your pack)
- Pajamas or long underwear or sweat suit.
- Pullups for night time (if required)

Personal Hygiene

- Toothbrush and toothpaste
- Comb or Brush
- Soap (in soap container)
- Small Bottle Hand Sanitizer
- Facecloth (in zip lock bag)
- Baby Wipes Medium Package
- Towel
- Small Kleenex pack (or hankie)
- Deodorant
- Travel pack of Handi-Wipes

First Aid

- Moleskin (4x4 sheet for blisters)
- Personal Medication and Allergy Medication (as identified on the Medical Form, with instructions)

Other Gear

- Mess Kit - Plastic preferred (plate, cup, bowl, fork, spoon, knife)
- 2 Nalgene Water Bottle (minimum 1 litre size) Note: 500 ml not recommended.
- Net bag (for hanging dishes in to dry)
- Pocketknife (lock-blade type) (max 10 cm blade)
- Small flashlight or headlamp (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
- Clothes pins or bread bag seals
- 5 meters of strong cord (4-mm cotton or equiv for splint)

Optional

Badges for trading
Camera
Sunglasses
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.