



1st West Vancouver Scout Troop Personal Equipment List

Day Hikes:

- day pack
- rain pants, rain jacket with hood
- waterproof hiking boots
- hat (wide brim preferred)
- sweater or fleece shirt
- extra pair of socks
- toque
- water bottle
- compass
- small flashlight – carry in pocket
- pocket knife (folding lock blade only) – carry in pocket
- matches in zip-lock bag – carry in pocket
- sun screen
- insect repellent
- personal first aid kit
- toilet paper

Overnight Camps:

all the above items plus

- back pack
- sleeping bag
- ground sheet
- foam mattress
- 1 extra warm shirt or sweater
- 1 extra pair pants
- 1 extra pair underwear
- 2 pairs warm socks
- long underwear
- sweat top & pants for sleeping
- running shoes
- mitts or gloves
- toothbrush & toothpaste
- soap (biodegradable)
- face cloth & hand towel
- brush or comb
- large zip-lock bag for storage
- plate, bowl, mug, knife, fork & spoon in mesh bag.

Remember: no cotton clothing (not even socks) for winter camps - that means from October until May!!