

### Ten Essentials

- Pocket Knife
- First Aid Kit:  band aids,  tape,  gauze pads,  moleskin,  insect repellent,  disinfectant,  lip balm
- Extra Clothing
- Rain Gear (waterproof poncho or lightweight parka)
- Water Bottle(s) and Water: 2 to 5 quarts per day
- Flashlight
- Trail Food
- Matches and Fire Starters (Strike-anywhere, waterproof matches)
- Sun Protection: sunscreen and maybe wide-brimmed hat and sunglasses
- Map and Compass (and maybe GPS)

### Other Essentials

- Extra Batteries
- Plastic Garbage Bags (2 or 3)
- Mylar Emergency Blanket
- Mirror or Signaling Device
- Rope (50 feet of braided nylon rope)
- Whistle
- Toilet Paper
- Note pad and pen or pencil

### Individual Camp Gear

- Clothing (per season and weather)
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- Backpack
- Sleeping Bag

- Sleeping Pad
- Ground Cloth
- Plate
- Spoon
- Bowl
- Cup
- Soap
- Toothbrush and Toothpaste
- Comb
- Small Towel

### Optional Camp Gear

- Dental floss
- Watch
- Fork
- Camera
- Fishing Pole and Gear

### Group Camp Gear

- Tent, ground cloths, tarps, stakes
- Stove(s) and fuel
- Spade or small shovel
- Pots and pans (per menu)
- Utensils, such as large spoon or spatula (per menu)
- Cleaning pad or cloth
- Repair kit (thread, needles, safety pins)
- Water filter or tablets

### Food

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