

### Personal First-Aid Kit

- 6 adhesive bandages
- 2 sterile 3-by-3 inch gauze pads
- A small roll of adhesive tape
- A 3-by-6 inch piece of moleskin
- A small bar of soap or small bottle of alcohol-based hand sanitizing gel
- A small tube of triple antibiotic ointment
- Scissors
- Disposable nonlatex gloves
- CPR breathing barrier
- Pencil and paper

### The Scout Basic Essentials

- Pocketknife
- Personal first-aid kit
- Extra clothing
- Rain gear
- Water bottle
- Flashlight
- Trail food
- Matches and fire starters
- Sun protection
- Map and compass

### Optional Essentials

- Insect repellent
- Whistle
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### Personal Camping Checklist

- Clothing appropriate for the season and the weather
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- Food for the trip
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- Backpack with  rain cover

### Sleeping gear

- Sleeping bag
- Sleeping pad
- Ground cloth

### Eating kit

- Spoon
- Plate
- Bowl
- Cup

### Cleanup kit

- Soap
- Toothbrush
- Toothpaste
- Dental floss
- Comb
- Small towel

**Optional Personal Items**

- Watch
- Camera
- Pencil or pen
- Small notebook
- Swimsuit
- Fishing pole and gear

**Other personal gear for specific activities**

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**Group Camping Gear Checklist**

*... to share and carry with other scouts ...*

- Tents,  ground cloths,  stakes
- Dining fly and  stakes
- 50-foot nylon cord

**Cook kit**

- Stove(s) and  fuel
- Matches and/or butane lighters (in resealable plastic bags or containers)
- Pots and pans (matched to menu and dishwashing needs)
- Spatula,  large spoon, and/or  ladle (matched to menu needs)

**Cleanup kit**

- Biodegradable soap
- Sanitizing rinse agent
- Scouring pads (no-soap type)
- Trash can liners (for use as bear bags and for packing out litter and garbage)
- Toilet paper
- Food strainer

**Repair kit**

- Thread
- Needles
- Safety pins

**Group extras you may want to take**

- Hot pot tongs
- Plastic, collapsible water container (1 or 2½ gallon)
- Water-treatment filter or tablets
- Two 4-by-4 foot plastic sheets for food preparation surfaces
- Spade
- Grill
- Patrol flag
- Small American flag
- Two 50-foot ropes and bear bags
- Patrol first-aid kit

**Other group gear for specific group activities**

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