

DAY HIKE 10 ESSENTIALS CHECKLIST

PACK the following items in a **DAY PACK** with good straps:

1. _____ Map of the Area (provided by Troop/Crew)
2. _____ Compass (transparent baseplate with straight sides & rotating dial, liquid filled)
3. _____ Flashlight with extra batteries and bulb (no bigger than AAA batteries)
reverse one battery so flashlight can't "turn itself" on
4. _____ Sunglasses
5. _____ Extra food and water
Food should be something you would eat only if you were starving for example a meat bar or high energy fruit bar (Don't pack with your lunch or snacks!)
6. _____ Extra clothing (ask yourself, what will I need in case I have to spend the night?)
Jacket & or windbreaker, warm hat, mittens, sweatpants if you're wearing shorts
7. _____ Waterproofed matches (carry in a waterproof container), sandpaper and lint
8. _____ Candle or fuel tablets
9. _____ Pocket knife (preferrably multi-functional like a Swiss Army Knife)
10. _____ First Aid Kit (minimal items)
 - ___ Band-aids
 - ___ Aspirin and Tylenol
 - ___ 2-3 inch gauze
 - ___ small roll adhesive tape
 - ___ moleskin
 - ___ insect bite suave

OTHER ESSENTIALS:

11. _____ Trail Snacks – light weight and nutritional
 12. _____ Wear a good hat to protect you from the sun
 13. _____ Sack Lunch and snacks - no glass or canned soft drinks
Sandwich (no mayonnaise), lunchables, trail mix, fruit sticks, beef jerky
 14. _____ 2 – Nalgene bottles for Water (each holds no less than 1 quart – 32 ounces)
No plastic water bottles. No canteens that hang around the neck.
 15. _____ Sunscreen, Chapstick, Insect Repellant – in small containers
 16. _____ Toilet Paper and plastic trowel (in a plastic baggie)
 17. _____ Bandana
 18. _____ Whistle (with a lanyard so you can wear it around your neck)
 19. _____ Permission Slip
 20. _____ Medications you need
 21. _____ Binoculars (Optional)
1. Wear **BOOTS** or **STURDY** shoes with a **GOOD** pair of **SOCKS**
 2. Wear layered clothing you can easily take off and put in your pack when you get hot and put back on when you get cold.
 3. **We do not hike in our scout uniform.** It is important that you wear comfortable clothes, preferably clothing that dries quickly (not cotton).
 4. DO NOT Bring your Scout Handbook. We will sign requirements off at the next meeting.
 5. **EAT A GOOD, LOW-FAT BREAKFAST BEFORE YOU HIKE!!!!**