



Checklist for Outdoor Adventures

These lists set forth suggestions to remind you of basic necessities. Use these as guidelines to ensure you have evaluated all the possibilities given the scenarios and circumstances for the outdoor adventure which you are preparing. These lists were created to cover both Front Country (Car-camping) Adventures as well as Backcountry Adventures (Backpacking). Any specific differences will be noted accordingly.

1. Shelters and Packs

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| ☐ Personal backpack/duffel w/rain cover | ☐ Sleeping bag(s) (Temperature appropriate) |
| ☐ Tent(s)/hammock | ☐ Sleeping pads/cots |
| ☐ Tarps/ropes (aerial and ground) | |

2. Food and Water

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| ☐ Personal mess kit (plate/bowl, bottle/cup, utensils) | ☐ Wet/cold box for cold foods |
| ☐ Dromedary bag(s)* | ☐ Dry food box |
| ☐ Bottle filter w/ purification tablets or other bacteria killing device* | ☐ Stove and Fuel |
| ☐ Separate dirty water container* | ☐ Dutch ovens and charcoal |
| ☐ Food (enough for all participants and length of adventure) | ☐ Pots/pans/griddles |
| ☐ Bear bags w/rope* | ☐ Serving/cooking utensils |
| ☐ Personal backpacking stove w/ fuel* | ☐ Measuring/utensils |
| | ☐ Specific utensils (peelers, whisk, etc.) |
| | ☐ Lighters/matches |
| | ☐ Nesting pot/pan set* |

**For Backcountry Adventures, you will need to rethink your cooking and food arrangements. You will want as few cooking items as possible, and your food will need to be non-perishable lightweight foods (just add water types).*

3. First Aid

_____	Band-Aids, multiples of all sizes	_____	Self-adherent wrap
_____	Gauze pads	_____	Disinfectants
_____	Moleskins	_____	Tweezers
_____	CPR mouth cover	_____	Emergency blanket
_____	Basic medicine (aspirin, Tylenol, etc.)		

This list of First Aid materials are suggestions for the basics of a First Aid Kit. Each Troop will need to adjust and/or add items to their First Aid Kits based on the specific activity that they are doing and area where they are going.

4. Clothing and Hygiene

_____	Season appropriate clothing (layers)	_____	Packable towel
_____	Sturdy shoes/hiking boots	_____	Toilet paper
_____	Hats/Beanies/Gloves/Coats (if needed)	_____	Trowel
_____	Rain clothing	_____	Toothbrush/toothpaste
_____	Moisture wicking socks (several)	_____	Biodegradable soap
		_____	Swimming Suit/Trunks

5. Other Items

_____	TLUSA Handbooks and Guides	_____	Compasses & maps
_____	Flint & steel	_____	Radios and/or phones
_____	Firestarter (lint, fat lighter, hemp rope, etc.)	_____	Camping shovel/rake
_____	Flashlights/lanterns/headlamps	_____	Pocketknife(s)/Sharpener/Multi-tool (Mt. Lions with Woodsman card and older)
_____	Extra batteries	_____	Axe/Hatchet/Saw
_____	Charging method for phone/radios	_____	Hammers
_____	Insect repellent	_____	Rope/bungee cords/paracord
_____	Sunscreen	_____	Duct tape
_____	Extra clothing		