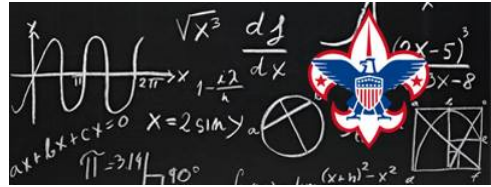


Troop 8 Weymouth, MA



Personal Gear (should weigh less than 10 pounds)

Backpack and rain cover (garbage bag OK)

Sleeping bag in a waterproof stuff sack

Sleeping pad (pillow optional)

Personal first aid kit

Two water bottles – minimum 2 liters total

Two small flashlights

Scoop and toilet paper

Mess Kit (bowl, cup, utensils)

Light towel and/or bandanna

Sunglasses

Carabiner and 10'-0" of rope

Emergency Food

Personal Items (Toothbrush, soap, glasses, contact solution, medicines)

Emergency Kit in a bag: compass, pocket knife, sunscreen, chap stick, signaling devices (whistle and mirror), paper and pencil, map in a waterproof bag, matches in a waterproof bag, water purifier tablets, duct tape, insect repellent, two zip lock bags, two garbage bags

Clothing – including what you wear (Should weigh less than 5 pounds):

Sturdy hiking boots (broken in)

2-3 pair non-cotton socks

Hiking shorts or pants (one pair of long pants and something for swimming)

2 pair underwear

2 T-shirts and one long sleeve shirt

Rain gear or poncho

Hat or Cap (Wide Brim)

Warm heavy shirt, sweater, sweatshirt or jacket (no cotton)

Fleece pants or long underwear bottoms

Gloves or glove liners and warm hat