

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 (preferably multi-functional like a Swiss Army Knife)
10. First Aid Kit (minimal items)
 - Bandaids
 - 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!!!!**