

## MEDICAL FORMS

Every person attending, both adult and youth **MUST** give completed A and B medical forms to the campout organizer on or before the deadline date they have requested. This is compulsory. **No forms, no come along.**

## MAIN ITEMS

✓	EQUIPMENT	QTY	COMMENTS
	Tent	1	Big enough for you (and your tent buddy)
	Waterproof groundsheet	1	Big enough to protect the underside of your tent
	Backpack	1	Big enough to hold all your stuff
	Pack cover	1	For backpacking trips. Waterproof. Highly recommended. Make sure it fits over pack and any external items. If you don't have one, you can use a large trash bag to keep your stuff dry if it rains.
	Small day pack	1	To carry while on day activities (for water, sunscreen, packed lunch, rain gear, etc)
	Sleeping bag	1	Appropriate rating for the expected weather
	Waterproof stuff sack for sleeping bag	1	For backpacking trips. Alternatively use compression sack lined w/plastic bag
	Sleeping pad	1	Provides padding and insulation from the ground
	Top layer (warm jacket)	1	Lightest and warmest available. Wool or fleece is best since they both provide warmth if wet.
	Shirt (short sleeve)	1	Moisture wicking, avoid cotton
	Long pants	1	Pants needed if you will be bushwacking, hiking off-trail, or working an orienteering course. Convertible pants or long underwear with rain pants may be used.
	Underwear	3	
	Socks	3 pr	Synthetic or wool
	Liner socks	3 pr	For backpacking trips. Synthetic or wool, wicks sweat away from foot
	Baseball cap / Wide-brim hat	1	Protect ears and face from sun
	Rain jacket	1	Sturdy, waterproof jacket with hood. Layer over fleece for extra warmth
	Rain pants	1	Lightweight & sturdy

Boots	1 pr	Well broken in boots that are durable and fit comfortably. Trail runners are OK, but ankle support with boots is highly recommended for hiking
Camp shoes	1 pr	Very lightweight shoes for relaxing at the campfire
Sleep clothes	1 set	T-shirt & gym shorts acceptable

## MISCELLANEOUS ITEMS

✓	EQUIPMENT	QTY	COMMENTS
	Bowl	1	Deep bowl of lightweight material
	Mug/Cup	1	12-20 oz. Measuring style recommended
	Spoon/Spork	1	Lightweight
	Water containers	2	Any combinations of bladders and bottles are accepted, but at least one water bottle is necessary
	Pocket knife	1	Small knife for opening food packages
	Matches/lighter	1	Pack in waterproof container for lighting camp stove. Can be shared w/buddy
	Flashlight/headlamp	1	Durable and lightweight. Everyone in crew should have one. Bring extra batteries
	Compass	1	Liquid filled compass w/rotating dial is optimal
	Lip Balm	1	Moisturizing balm with SPF 25 +
	Toothbrush	1	Small trial size is ideal
	Toothpaste	1	Small amount needed
	Soap	1	Biodegradable. For body or clothes. Small amount needed
	Camp Towel	1	Quick drying & small
	Personal medication	-	Enough for entire campout
	Sunglasses	1	
	Watch	1	
	Whistle	1	To signal an emergency
	Notepad & pen	1	For journals or emergency messages
	Sunscreen	1	6 oz tube w/SPF 25 or higher.
	Insect repellent	1	Small bottle / can
	Multi-tool	1	To remove lid from cooking pot & to repair gear.
	Toilet paper	1	Say no more...