

Check Lists

Personal Items Needed for High Adventure Camp:

- | | |
|---|--|
| <input type="checkbox"/> Mess Kit (utensils, plate, bowl) | <input type="checkbox"/> Shorts |
| <input type="checkbox"/> Sierra Cup | <input type="checkbox"/> Long Pants |
| <input type="checkbox"/> Hat w/ Brim (no baseball caps)* | <input type="checkbox"/> Long Sleeve Shirt* |
| <input type="checkbox"/> 2 Swimming Suits | <input type="checkbox"/> T-Shirts |
| <input type="checkbox"/> Toilet Kit | <input type="checkbox"/> Socks |
| <input type="checkbox"/> Towels/Washcloths | <input type="checkbox"/> Underwear |
| <input type="checkbox"/> Camera/Film | <input type="checkbox"/> 2 Pairs of Shoes |
| <input type="checkbox"/> Water Shoes (hard bottom)* | <input type="checkbox"/> Sleeping Bag (summer weight) |
| <input type="checkbox"/> Sleeping Pad (not bulky) | <input type="checkbox"/> GPS (if desired for Geo cache) |
| <input type="checkbox"/> 3 Water Bottles (quart size)* | <input type="checkbox"/> Pocket Knife |
| <input type="checkbox"/> Sleepwear | <input type="checkbox"/> Bug Repellent (non-aerosol best) |
| <input type="checkbox"/> Rain Gear | <input type="checkbox"/> Jacket |
| <input type="checkbox"/> Spending Money | <input type="checkbox"/> Sunscreen (16oz minimum)* |
| <input type="checkbox"/> Phone Card | <input type="checkbox"/> Medications (If applicable) |
| <input type="checkbox"/> Flash Light/Batteries | <input type="checkbox"/> Chap Stick (with SPF protection)* |
| <input type="checkbox"/> Compass (inexpensive)* | <input type="checkbox"/> 20ft 1/4 Nylon Rope |
| <input type="checkbox"/> Whistle (inexpensive)* | <input type="checkbox"/> Wrist Watch (waterproof) |
| <input type="checkbox"/> Small Personal First Aid Kit | |
| <input type="checkbox"/> Biodegradable Camp Soap | |
| <input type="checkbox"/> Completed Class 3 Medical Form | |
| <input type="checkbox"/> Full Scout/Venturing Uniform | |
| <input type="checkbox"/> Sun Glasses (polarized lenses help with glare) | |

Optional Items:

Your Personal Canoe Paddle
Volleyball Style Knee Pads
Biking Gloves
Fanny Pack
Canoe Seat Cushion or Seat Back
Personal PFD (Must be coast guard approved)

- Notes: Old tennis shoes will work fine for Water Shoes. Two one gallon milk jugs or a couple 2 liter soda bottles (*both with screw on caps*) will work for personal water bottles. Participants just need a lot of personal drinking water! Small plastic whistle to pin on your PFD for emergencies is all you need. An inexpensive compass is fine. You don't need to spend a lot of money on this stuff! You can find some of these items at our Trading Post if you forgot something.

We will require Sun Screen use. Lip balm with sun protection is a good investment! Even in hot weather a loose fitting, light colored, long sleeve shirt will protect your arms from excess sun. Get a wide brim hat and wear it! It doesn't need to be stylish. It just needs to shade your neck, face and ears! We have them at the Trading Post too!