



## 1<sup>st</sup> Lexington Scout Troop

**Suggested Warm Weather Camp list of gear to bring: **MARK everything with your name!****

- ☐ **Warm sleeping bag:** Bring a "Fall" sleeping bag to summer camp if you can. If cooler weather is forecast and you have only a summer sleeping bag, a separate liner, preferably fleece, will help keep you warm. Summer nights may get cold and you may lose heat sleeping on the ground.
- ☐ **Underpad:** insulates you from the cold earth! Ask a leader for recommendations, check the [firstlexington.org](http://firstlexington.org) web site, or call an outfitter store.
- ☐ **Pillow**
- ☐ **2-piece rain gear.** We can't emphasise the importance of a good rain set enough! Quality rain pants and a rain jacket that allows some venting of body heat and moisture will mean a much more enjoyable camp. We don't always need it, but be sure to bring it anyway!
- ☐ **Extra socks:** Keeping dry feet is the key to staying comfortable and avoiding "Athlete's Foot". Bringing extra socks means you can help keep your feet dry – IF you actually change your socks! Take a minute to do that and you'll keep your feet happy! There are now socks available that "wick" sweat away from your feet and they don't cost much more than regular socks
- ☐ **Outdoor boots or shoes:** Again, keeping your feet dry will help make sure you enjoy the camp.
- ☐ **Extra underwear.** Sweat makes you feel uncomfortable and can create odour
- ☐ **Sweatshirt** Nights can get cool.
- ☐ **Compass**
- ☐ **2 T-shirts and 2 pairs of long pants, 1 pair of shorts**
- ☐ **Toiletries :**
  - Toothbrush/toothpaste/Kleenex/lip balm/ sunscreen, soap, face cloth/towel
- ☐ **Flashlight** with extra batteries (Batteries in LED flashlights last much longer; quality of the flashlights is important when camping)
- ☐ **Mess Kit** with mesh dunking bag: Includes NON-breakable mug, plate, bowl, utensils.
- ☐ **Water bottle** ("BPA-free" or Stainless Steel) Very important!
- ☐ **Scout Handbook** (Is your name inside?)
- ☐ **Health Card**, any medications and medical & contact information should be given to the leader in charge of the camp
- ☐ **Knife, stove and fire permit(s)** if you have them.

**OPTIONAL:** ☐ Playing cards ☐ Emergency Kit ☐ Book and/or writing paper/pen

☐ **IF IT IS A WEEK LONG CAMP**, add nail clippers, biodegradable soap/shampoo, more socks and underwear