

Personal Packing Checklist

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Ten Essentials

- Day pack + personal first aid kit
- Water bottle (1/2 liter per hour of hiking)
- Flashlight / headlamp with extra batteries
- Sunblock
- Trail food
- Whistle & Signal mirror
- Compass
- Folding pocketknife
- Waterproof jacket and rain pants
- Extra clothing (see below)

Clothing/Shoes/Headgear

- Underwear (2)
- Socks (2 pairs)
- Fleece insulator (1)
- Synthetic T-shirt (1)
- Synthetic long-sleeved shirt (1)
- Pants (1)
- Jacket/Shell (1)
- Shorts (1)
- Swimsuit (1)
- Pajamas (optional)
- Towel for shower or swimming (1)
- Washcloth (optional)
- Hat for sun protection (1)
- Wool beanie (1)
- Sunglasses & Case (optional)
- Bandana (1)

Sleeping Equipment

- Sleeping bag
- Ground pad
- Ground tarp (not necessary for Royaneh)
- Pillow/Inflatable pillow (or put clothes in stuff sack)
- Earplugs (optional)

Toiletries

- Toothbrush
- Toothpaste
- Soap
- Deodorant
- Comb/brush
- Lip balm (optional)
- Insect repellent
- Hand sanitizer (optional)
- Extra plastic trash bag
- Medication, if necessary
- Any specialty toiletries (e.g., glasses/contacts)

Food

- Mess kit (Plate, bowl, utensils, cup)

Optional

- Camp chair
- Shoes for campsite
- Moleskin
- Cord / rope
- Metal or plastic mirror
- Hand warmers
- Personal fan (battery)
- Book / Playing cards
- Mosquito net
- Wagon

Troop-related

- Advancement binder
- Pen

Equipment for Adults

- Tent
- Coffee/Tea
- Jetboiler or the like