

Packing Checklist: Water Sports

10 Essentials

- Pocketknife or Multi-tool
- Personal First Aid Kit: Band-Aids, alcohol towelette, antibacterial ointment, and a 2x2" square of duct tape
- Extra clothing: dry socks and underwear in ziplock bag
- Rain gear: waterproof jacket with a hood or a rain poncho
- Water: water bottle, minimum 1/2 liter
- Flashlight or headlamp
- Food: snacks (meals will be by patrol)
- Matches (keep dry)
- Sunscreen and insect repellent

Other Items

- Tent (scouts can share and troop tents are available)
- Sleeping bag, ground pad, and pillow
- Swimsuit and towel
- Dry clothes and shoes
- PFD / Life Vest if you have one that fits you well, otherwise we will have enough PFD's for all the scouts
- Personal Hygiene: comb, tooth brush and tooth paste, small amount of toilet paper