

## Individual Equipment

**Wear:** Scout uniform  
 Warm cap or hat  
 Hiking shoes or boots (no canvas, low cuts, or open ended)

**In Pockets:** Pocket knife  
 Compass  
 Pocket First Aid Kit

Matches  
 Toilet tissue  
 Handkerchief

**In pack or on pack frame:** Backpack  
 Personal toilet kit  
 1 quart of water  
 extra socks  
 Sweater or jacket  
 1 #10 can (no plastic lining) to cook in  
 5 each, 20" pieces of heavy duty foil  
 camp shovel

Poncho / Rainsuit  
 Bedroll & ground cloth  
 Bible or prayer book  
 Boy Scout Handbook  
 Dish, cup and Spoon  
 20' sash cord or binder twine  
 flashlight

**Optional:** *one favorite piece of light-pack equipment deemed reasonable*

## Each two-person team bring between them:

Two-man tent or 10'x10' plastic	1 cooking spoon
1 plastic sheet 6'x8' (dishwashing)	1 tote bag
1 small sponge	1 water purification pump
2 brillo pads	backpacking stove (or material for small fire)

## Food List for Each Two-Person Team:

**Saturday Noon** \_\_\_\_\_ 1 sack lunch per person

**Saturday Supper** *(sample only; bring dehydrated food or other as you choose)*

½ to 1 lb. ground beef*	1 small box instant pudding
2 carrots	1 cup instant milk
2 small onions	2 packs instant cocoa
2 or 3 potatoes	salt & pepper

\*freeze ground beef and wrap in several layers of newspaper before packing

**Sunday Breakfast** *(sample only; bring dehydrated food or other as you choose)*

4 eggs	2 handfuls of raisins
4 packages instant oatmeal	4 packets instant cocoa
2 oranges or apples	

**Note:** pack raisins in plastic bag. Pack eggs in #10 can padded with cloth.

**Sunday Lunch -- Non-perishable**

Canned meats, jerky, flat breads, nuts, dried fruits -- any food that doesn't need refrigeration