

Departure List Trek – Personal

(Must be used in conjunction with Departure List Trek – Crew)

Gear

- Backpack
- Sleeping bag
- Sleeping Pad
- Tent / shelter
- Poles
- Stakes
- 1 Bandanna
- 1 Headlamp

Hygiene bag

- 1 toothbrush
- 1 mini toothpaste
- 1 mini floss
- 1 comb
- 2 blu sq. / day
- 2 wet wipe / day
- 1 chapstick
- 1 1g zip (food)
- 1 1qt zip (food)
- 1 35g trash

Liquids bag

- 2 oz. sunscreen
- 2 oz. Deet

Survival bag

- 1 knife
- 1 map
- 1 compass
- 1 whistle
- 1 fire starter
- 1 em. blanket (if no tent)
- Matches
- 50' cord
- 1 candle
- 1 mirror

Scout first aid kit

- 1 first aid kit or:
- 4 alcohol swabs
- 1 tube antibiotic
- 2 2x2 pads
- 1 3x4 pads
- 6 misc. Band-Aids
- 4 blister pads
- 4 butterfly
- 3 si moleskin
- 1 sm. rolled gauze
- 3' duct tape

Cooking/eating

- 1 bowl
- 1 cup
- 1 utensil

Clothes worn

- Undies (syn.)
- Merino wool socks
- Light thermal top
- Thin long pants
- Sun hat
- Trail running shoes

Clothes stored

- 1 undies (syn.)
- 2 pr. socks (merino)
- 1 lt. thermal bottom
- 1 wind shirt
- 1 warm jacket
- 1 warm hat
- 1 bug hat
- 1 warm gloves
- 1 rain jacket
- 1 rain pants

Food

- 2 1L water bottle
- Snacks- 2/day

Miscellaneous

- 1 sunglasses
- 1 towel

Optional

- Camera
- Fishing
- Games
- Star chart

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Gear

- Shelter
- Poles
- Stakes
- 1 Lamp
- 1 sm. Leatherman
- 1 sewing kit
- 1 misc. tie wraps

Liquids

- 8 oz. Camp Suds
- 2 oz. hand cleaner
- Lg. Aquamira kit

Group first aid kit

- 1 first aid kit or:
- 32 Ibuprophen
- 6 acet. w/ cod.
- 8 Sudafed
- 8 Benadryl
- 8 Imodium A-D
- .5 oz iodine sol.
- 20 cc syringe
- 6 alcohol swabs
- 1 tube antibiotic
- 3 2x2 pads
- 3 3x4 pads
- 1 roll gauze
- 1 eye patch
- ½ oz. benzoin
- 10 misc. bandaids
- 2 lg. adh. bndg.
- 4 blister pads
- 6 butterfly
- 3 si moleskin
- 3' duct tape
- 1 tweezers
- 1 thermometer
- 1 Weiss
- 1 notebook
- 1 pencil

Cooking/eating

- 2 stoves
- 2 supports
- 2 wind screens
- 2 4qt. pots
- 2 cozies
- Cooking bags as nec.
- Fuel
- 2 spatulas
- 2 butane lighters
- 2 sponges

Food

- Food
- Spice kit
- 1 bear bag / 4 people
- 2x2½g wat. buf.