

Checklist for Outdoor Adventures

These lists set forth suggestions to remind you of basic necessities. Use these as guidelines to ensure you have evaluated all the possibilities given the scenarios and circumstances for the outdoor adventure which you are preparing. These lists were created to cover both Front Country (Car-camping) Adventures as well as Backcountry Adventures (Backpacking). Any specific differences will be noted accordingly.

1. Shelters and Packs

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|--------------------------|---------------------------------------|--------------------------|---|
| <input type="checkbox"/> | Personal backpack/duffel w/rain cover | <input type="checkbox"/> | Sleeping bag(s) (Temperature appropriate) |
| <input type="checkbox"/> | Tent(s)/hammock | <input type="checkbox"/> | Sleeping pads/cots |
| <input type="checkbox"/> | Tarps/ropes (aerial and ground) | | |

2. Food and Water

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|--------------------------|---|--------------------------|--|
| <input type="checkbox"/> | Personal mess kit (plate/bowl, bottle/cup, utensils) | <input type="checkbox"/> | Wet/cold box for cold foods |
| <input type="checkbox"/> | Dromedary bag(s)* | <input type="checkbox"/> | Dry food box |
| <input type="checkbox"/> | Bottle filter w/ purification tablets or other bacteria killing device* | <input type="checkbox"/> | Stove and Fuel |
| <input type="checkbox"/> | Separate dirty water container* | <input type="checkbox"/> | Dutch ovens and charcoal |
| <input type="checkbox"/> | Food (enough for all participants and length of adventure) | <input type="checkbox"/> | Pots/pans/griddles |
| <input type="checkbox"/> | Bear bags w/rope* | <input type="checkbox"/> | Serving/cooking utensils |
| <input type="checkbox"/> | Personal backpacking stove w/ fuel* | <input type="checkbox"/> | Measuring/utensils |
| | | <input type="checkbox"/> | Specific utensils (peelers, whisk, etc.) |
| | | <input type="checkbox"/> | Lighters/matches |
| | | <input type="checkbox"/> | Nesting pot/pan set* |

**For Backcountry Adventures, you will need to rethink your cooking and food arrangements. You will want as few cooking items as possible, and your food will need to be non-perishable lightweight foods (just add water types).*

3. First Aid

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|--------------------------|---|--------------------------|--------------------|
| <input type="checkbox"/> | Band-Aids, multiples of all sizes | <input type="checkbox"/> | Self-adherent wrap |
| <input type="checkbox"/> | Gauze pads | <input type="checkbox"/> | Disinfectants |
| <input type="checkbox"/> | Moleskins | <input type="checkbox"/> | Tweezers |
| <input type="checkbox"/> | CPR mouth cover | <input type="checkbox"/> | Emergency blanket |
| <input type="checkbox"/> | Basic medicine (aspirin, Tylenol, etc.) | | |

This list of First Aid materials are suggestions for the basics of a First Aid Kit. Each Troop will need to adjust and/or add items to their First Aid Kits based on the specific activity that they are doing and area where they are going.

4. Clothing and Hygiene

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|--------------------------|---------------------------------------|--------------------------|-----------------------|
| <input type="checkbox"/> | Season appropriate clothing (layers) | <input type="checkbox"/> | Packable towel |
| <input type="checkbox"/> | Sturdy shoes/hiking boots | <input type="checkbox"/> | Toilet paper |
| <input type="checkbox"/> | Hats/Beanies/Gloves/Coats (if needed) | <input type="checkbox"/> | Trowel |
| <input type="checkbox"/> | Rain clothing | <input type="checkbox"/> | Toothbrush/toothpaste |
| <input type="checkbox"/> | Moisture wicking socks (several) | <input type="checkbox"/> | Biodegradable soap |
| | | <input type="checkbox"/> | Swimming Suit/Trunks |

5. Other Items

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|--------------------------|--|--------------------------|--|
| <input type="checkbox"/> | TLUSA Handbooks and Guides | <input type="checkbox"/> | Compasses & maps |
| <input type="checkbox"/> | Flint & steel | <input type="checkbox"/> | Radios and/or phones |
| <input type="checkbox"/> | Firestarter (lint, fat lighter, hemp rope, etc.) | <input type="checkbox"/> | Camping shovel/rake |
| <input type="checkbox"/> | Flashlights/lanterns/headlamps | <input type="checkbox"/> | Pocketknife(s)/Sharpener/Multi-tool (Mt. Lions with Woodsman card and older) |
| <input type="checkbox"/> | Extra batteries | <input type="checkbox"/> | Axe/Hatchet/Saw |
| <input type="checkbox"/> | Charging method for phone/radios | <input type="checkbox"/> | Hammers |
| <input type="checkbox"/> | Insect repellent | <input type="checkbox"/> | Rope/bungee cords/paracord |
| <input type="checkbox"/> | Sunscreen | <input type="checkbox"/> | Duct tape |
| <input type="checkbox"/> | Extra clothing | <input type="checkbox"/> | |