**Sleeping Gear**

* Sleeping bag for cool weather
  + Blankets also work
* Tent (check for stakes, poles, lines)
* Tent footprint or tarp
* Sleeping pad/air mattress
* Pillow

*You may also want...*

* Air mattress pump
* Extra Blankets
* Patch kit for sleeping pad
* Small hand broom for the tent
* Hammock

**Clothing**

Full Change of clothes

* Underwear
* Sock
* Class B shirts
* Base layer top and bottom
* Quick drying pants/shorts
* Laundry bag

Night time

* Pajamas
* Slippers (for easier night time potty runs)

For rain-protection warmth

* Rain jacket or shell
* Rain pants

For warmth

* Warm hat
* Light-Jacket/coat/Down-Coat
* Fleece shirt
* Fleece pants
* A pair of woolen socks
* Light/Warm gloves

Keep Cool

* Bathing suit
* Sun hat

Eye Protection

* Sunglasses

Feet

* Shoes/Hiking Boots

**Food**

Varies by campout (whether bring your own, or organized)

* Breakfast
* Lunch
* Dinner & Desert
* Hiking snack

**Kid / Baby Gear**

* Baby Carrier
* Port-a-crib (or Peapod)
* Kid sized daypack
* Portable High chair
* Diapers/Pull-ups
* Baby wipes
* Bibs
* Diaper Rash Cream

*You may also want...*

* Sand Toys and Buckets
* Butterfly Net
* Balls
* Coloring Book
* Kite

**Kitchen**

Varies by campout (whether bring your own, or organized)

* Camp Stove
* Fuel
* Pots
* Pans
* Skillet
* Cutting board
* Sharp knife
* Big spoon
* Plates
* Bowls
* Utensils
* Spatula
* Can Opener
* Water Bottles
* Matches or lighter
* Dish soap
* Dish cloth
* Wash cloth
* Garbage bags

*You may also want...*

* Measuring cup/spoons
* Long handled tongs
* Aluminum foil
* Ziploc bags
* Plastic tablecloth
* Tupperware containers
* Cooler
* Wash tubs
* Hand towels
* Camp table

**Campfire**

* Camp Chair
* Waterproof matches/lighter
* Bucket (for water/sand to extinguish fire)
* Pre-Split Wood

Note: only burn wood from where you are camped to prevent disease spread.

*You may also want...*

* Marshmallow sticks
* Smore’s materials

**Personal**

* Sunscreen
* Bug Repellant
* First AId-Kit
* Toilet Paper
* Needle and Thread
* Hand Sanitizer
* Baby Wipes
* Lotion
* Travel-size Deodorant
* Lip balm
* Toothpaste
* Toothbrush
* Dental Floss

*You may also want...*

* Hair Brush
* Soap and Shampoo
* Feminine Hygiene
* Wash cloth
* Medication

**Miscellaneous**

* “FAMILY CAMPING" FIRST-AID KIT
* Spare Tarp and ropes (for rain)
* Lantern/headlamp/flashlight
* Extra batteries
* Small hatchet or axe
* Small shovel
* Camera
* Day pack
* Activity specific gear (hiking, biking, etc)
* Pocket knife (must have whittling chip)
* Whistle
* ~~Computer Games Consoles~~ (Nope!)

*You may also want...*

* Frisbee
* Fishing pole
* Playing Cards
* Travel games
* Star chart
* Compass and map
* Binoculars
* Phone charger (battery pack)
* Camp shower

**Cub scout 6 essentials**

(highlighted above)

* Flashlight (see “Miscellaneous”)
* *Filled* Water Bottle (see “Kitchen”)
* Whistle (see “Miscellaneous”)
* “Basic/Mini” First Aid Kit (see “Personal”)
* Sun Protection (see “Personal”)
* Trail Food (see “Miscellaneous”)

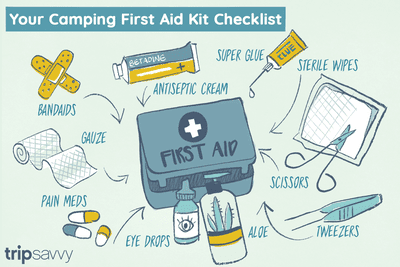
*You may also want...*

* Rank Handbook

**BASIC/MINI FOR A REASON**

The “BASIC/MINI” FIRST AID kit is intentionally made small to accommodate a typical day-hike activity level. No one wants to hike with a heavy pack, if avoidable.

* + Bandaids
  + Antiseptic Cream
  + Super Glue
  + Sterile Wipes
  + Scissors
  + Tweezers
  + Eye Drops
  + Pain Meds
  + Gauz pads/wrap
  + Burn Ointment



**Adjust for your activity level**

Make sure to think about the risks involved in your upcoming activities. There is always something else that can be added to the kit depending on the known risks involved.

**Adjust for your personal health**

Also, especially, consider personal health:

* + Do you need your medications handy? Then, take them.
  + Are you critically allergic to bee stings? Then, take an epi-pen.
  + Do you have new boots? Take mole skin.

**Bandages**

* adhesive bandages ("bandaids") in assorted sizes and shapes (small, medium, large, knuckle, fingertip)
* sterile gauze pads 5 x 5 cm (8)
* sterile gauze pads 10 x 10 cm (4)
* wound closure strips 6 mm x 10 cm (10)
* triangular bandage (to hold dressings in place or to make an arm sling)
* elastic bandage with Velcro or clips or safety pins
* medical adhesive tape
* tubular stockinette
* eye patches
* pre-cut and shaped moleskin (to prevent or cushion blisters) (20)

**Creams and ointments**

* antiseptic wipes and/or ointment
* antiseptic hand cleaner and/or soap
* antiseptic solution (like hydrogen peroxide)
* hydrocortisone cream (1%)
* calamine lotion
* insect bite swabs or ointment

**Tools**

* tweezers
* sharp scissors
* thermometer (digital)
* 10 cc irrigation syringe
* mini flashlight and extra batteries
* a splint
* tick removal tool

**Medications**

* acetaminophen and/or ibuprofen
* sore throat lollipops and/or lozenges
* extra prescription medications as needed

**Other**

* first aid manual
* disposable instant cold packs
* barrier device for CPR
* disposable non-latex gloves (at least 2 pairs)
* plastic ziploc bag (for disposing of used materials)
* pencil and pad of paper
* family members' medical information
* coins for pay phone

**List of emergency phone numbers**

* 9-1-1
* local poison control center
* your physicians
* family members and friends (home and work)

**Tips**

* Before your trip, read the first aid manual thoroughly so that you'll know what to do with all of these items!
* Even better - take a first aid training course!
* Use this first aid kit checklist and restock the kit after each trip. Check expiry dates. Discard and replace anything that is out of date.
* I've suggested quantities of some items. In all cases, though, take the size of your group into account when deciding how much to put in your kit. It's better to have too much than too little! And remember, when you're camping with kids, you can never have too many Bandaids!

**Hiking**

* Site have hiking trails
* Overlooks
* Rock Scramble

**Cooking on open flame**

* Can kids cook? Kids love to cook!
* Dutch Oven Cobler/Pie
* Smores!

**Practice scout skills**

Needs supervision

* Build Fire
* Practice Knots
* Chop Wood (need blood circle)
* Identify plants & animals
* Learn Skits & Songs

**Water Fun**

Needs BSA water safety training and supervision

* Canoe
* Build a sand castle
* Fish
* Swim
* Float or lounge
* Boat, canoe, or kayak
* Go water skiing
* Go tubing
* Ride a wave runner
* Play water volleyball or basketball
* Dive

**Sports and Physical Activities**

Get up and get moving. There are tons of sports and physical activities that can be done while camping.

There are easy sports that don't require a lot of physical movement and other sports that are very active. Pick ones that suit your style and have fun playing.

* Disc golf (frisbee golf)
* Horseshoes
* Ringtoss
* Blongo (hillbilly golf)
* Corn Hole
* Lawn bowling
* Soccer
* Football
* Kickball
* Baseball
* Bikes
* Hiking
* ~~Spelunking (caving): Make sure you have an experienced guide with you~~
* Rock climbing
* Tree climbing

**Group Games**

* Capture the Flag
* Hide-and-seek
* Sardines
* Tag (there are dozens of variations)
* Red Rover

**Relaxation**

Most people go camping to get away from the stress and busyness of everyday life, so take it easy. Relax and let the rest of the world fade away with these ideas for chilling out.

* Swing in a hammock
* Watch the trees blowing in the breeze
* Listen to nature
* Take lots of naps
* Daydream and let your mind wander
* Stargaze

**Nighttime Activities**

There's plenty to do in the nighttime while camping as well. The darkness can be more thrilling out in the woods without all the lights of the city.

Play spooky games to get your heart pounding or do things to light up the night.

* Make shadow puppets
* Go for a nighttime walk
* Play flashlight tag
* Play hide and seek in the dark
* ~~Go for a midnight swim~~ (NOPE!)
* Study the stars
* ~~Shoot off fireworks or release sky lanterns (depending on fire danger)~~ (NOPE!)
* Play glow-in-the-dark bowling: Put glow sticks in 2-liter bottles filled with water and use a ball to knock them down

**Around the Campfire**

Hanging out around the campfire is one of the most memorable camping experiences. These are some activities to do by the firelight:

* Tell ghost stories
* Play Truth or Dare
* Sing campfire songs
* Play a guitar, harmonica, or another instrument
* ~~Dance around the fire~~  (NOPE!)
* Try out new varieties of s'mores
* Reenact your favorite story, scene-by-scene
* Make colored fire: Packages of colored fire crystals or pine cones are sold at most camping supply stores.

**Other Camping Ideas**

* Bring lights and decorations to make your campsite look cheery.
* Try new camping recipes and food.

**Invite others**

* Invite family members (Brothers, Sisters, Grandparents, Aunts, Uncles)
* Invite other Packs
* Invite BSA Troops
* ~~Invite your dog~~ (NOPE!)
* Invite a friend (and friend’s parent)? (err… maybe. Needs committee approval, and the friend should attend a den/pack meeting, first.)