

Troop 224 – Oak Ridge, TN
Checklist – Canoeing Trip

M = Mandatory
R = Recommended
O = Optional

General Equipment	
M	Backpack. 50-65 liter capacity. Line with trash compactor bag/heavy trash bag.
M	Waterproof pack cover or large garbage bag.
M	Sleeping bag, mummy style in stuff sack. Rated to 30 degrees or colder.
M	Ground pad – This is important for insulating you from the ground.
M	Tent (share with partner).

Clothing (wear one set of suitable synthetic clothing, pack other clothes in a waterproof stuff sack)	
M	Water shoes – Closed toe, securely fastened. (Keen, Teva, etc).
M	Ball cap or wide-brim hat and mosquito net.
R	Mosquito head net
M	Hiking socks (pack one pair for day hikes or long portages).
M	Undershorts/compression shorts (wick-away synthetic, NOT cotton)(for evening in camp).
M	Long pants, zip off legs optional (nylon, NOT cotton – NO jeans).
M	Swim trunks.
M	Synthetic T-shirt (base layer)
M	Long sleeve synthetic shirt (mid layer).
M	Rain gear – Jacket and Pants (waterproof shell). NO PONCHOS!
R	Slip-on camp shoes (crocs, vans).

First Aid (In Small 1-quart Freezer/Heavy Duty Ziploc) and Hygiene	
M	Assorted band aids, tape, and gauze
M	Sunscreen – SPF 30 minimum
M	Antibiotic cream
M	Moleskin
M	Immodium, pepto bismol, benadryl, and ibuprofin tablets in labeled packets
M	Prescription medications in original containers – coordinate with Scoutmaster
M	Toilet paper/paper towels in Ziploc bag
R	Baby wipes in Ziploc bag (6-8)
M	Toothbrush, toothpaste, deodorant, and Chapstick. TRAVEL SIZE
M	Bug repellent with DEET
R	Small plastic trowel

Cooking	
M2	Water bottle – 1 liter Nalgene
M	Water purification tablets or filter system
M	Stove and fuel. One stove per team and one fuel canister per person .
M	Mess kit with cup, bowl, and spoon
M	Cook pot and pot gripper for boiling water (one per team)
M	Wooden strike-on-box matches in ziploc bag or waterproof container
M	Lighter and flint striker
M	Food for planned meals and snacks (provided by Troop before departure)
M2	1 gallon ziploc bags and Walmart bags for trash

Miscellaneous	
M	Headlamp AND small flashlight with new batteries
M	Full set of extra batteries for BOTH the headlamp and flashlight
M	Swiss Army knife or small multi-tool (<i>no sheath knives or blades over 3 inches permitted</i>)
M	Whistle – plastic with loud sound. Attached to pack.
M	50 feet of light nylon cord and a caribiner for bear bag/clothesline
M	Compass
R	Firestarter (cotton balls with vaseline in small prescription bottle works well)
R	Bandana (all-purpose hot pad, sling, kleenex, dish rag, etc)
R	Playing cards