

Packing List

Personal Gear:

- Please note this is a comprehensive list, where appropriate we have indicated at which camps the items will be necessary.
- The Cub Scouts should pack their own bag with the help of a parent.

Number	Item	Comments
1	Sleeping Bag	Should be good to at least 0° C. If forecast is for low temperatures may want to have either extra sleeping bag or blanket
1	back-pack or duffle bag	A bag that can be carried by cub scout and holds all equipment
1	Therma-Rest style inflatable mattress or blue foam	Cub Scouts needs an insulating layer to sleep on between tent floor and sleeping bag. Traditional air mattresses are not allowed as they take a long time to inflate and in colder weather actually do not provide an insulating barrier
2	Long sleeved shirts	<u>Preferably not</u> both 100% cotton
2	short sleeved t-shirts	<u>Preferably not</u> both 100% cotton!!(One to be 28 th Ottawa T-shirt)
2	wool sweater/ fleece	more if it is a winter or late season camp
2	pants	<u>not</u> 100% cotton (sweat pants to sleep in are a good 2 nd pair) Jeans are not recommended as once they get wet they take a long time to dry and should not be only kind of pant.
1	Necker	Needed at all camps.
3	Under garments	An extra pair is always a good idea.
1	Sleep wear	Can use separate pj's or where space is an issue long johns work well.
1	Long johns (top and bottom)	If calling for chilly weather
1	Snow Pants and Snow Jacket	Used to keep warm over pants in snowy weather, a snow suit can be one piece which includes pants. Winter Jacket .
2	Toque & Pairs of mitts	Toques are a great way to ensure a good night's sleep as 80% of body heat escapes through the head. One toque for sleeping and one toque for outdoor wear. Mitts not gloves. One should be water proof.
1	Pair of Boots and one extra pair of liners. Extra plastic bags	One pair of snow boots and pair of liner. Extra plastic bags about 4 in case of wet feet.
4	Socks	At least four pairs warm (wool preferable). You can layer. Cotton socks under wools socks.
1	Sun Screen	SPF min 15. Need for all camps. Including winter camp
1	Toiletries bag	To include toothbrush, toothpaste, antiseptic hand cleanser and wash cloth
1	Ditty Bag	Ditty bag to include the following: knife, fork, spoon, plate, bowl, and mug (can easily be made from a tea towel)

1	Water Bottle	<u>Need for every camp.</u>
1	Flashlight	With extra batteries
1	Fluffy Friend	A sleeping buddy