

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) |
| 1 | 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 | shorts | Preferably not cotton –If possible pants that zip into shorts are a great space saver as count for both. |
| 1 | Uniform | Not needed at all camps, All Sections it is needed for |
| 1 | Necker | Needed at all camps. |
| 4 | 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 | Rain Coat and pants | Ensure that water proof and not water resistant. Poncho's are not the best solution as let lots of rain in. Gortex and similar brands like it allow for breathability but can be expensive. |
| 1 | Toque | Toques are a great way to ensure a good night's sleep as 80% of body heat escapes through the head. Highly recommended for fall and spring camps. |
| 2 | Shoes/footwear | One pair of shoes and rubber boots if it is calling for rain |
| 3 | Socks | At least one pair per day and one extra |
| 1 | Sun hat | Baseball cap or tilly style |
| 1 | Sun Screen | SPF min 15. Need for all camps. |
| 1 | Bug repellent | Given influx of west Nile into the region it is suggested that a deet formula of bug repellent be brought to all late spring and |

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| | | fall camps. Bug shirt is also great alternative. |
| 1 | Toiletries bag | To include toothbrush, toothpaste, antiseptic hand cleanser |
| 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 |