

LENHOK'SIN PERSONAL EQUIPMENT CHECKLIST

<ul style="list-style-type: none"> <input type="checkbox"/> 1 pack and frame fitted to your body with a padded hip strap <input type="checkbox"/> 1 pack cover/waterproof bag <input type="checkbox"/> 25 ft of 1/8 inch nylon cord for packing, tentage, bear bag, etc. <input type="checkbox"/> 1 backpacking tent (one per two crew members) in two stuff sacks or <input type="checkbox"/> 1 hammock with rain fly (optional) <input type="checkbox"/> 1 sleeping bag in waterproof bag in stuff sack <input type="checkbox"/> 3 plastic trash bags (tall kitchen size) <input type="checkbox"/> 1 waterproof ground cloth (at least 3-mil plastic) <input type="checkbox"/> 1 sleeping bag and pad <input type="checkbox"/> 1 small reliable flashlight with fresh batteries <input type="checkbox"/> 1 pair well broken in hiking boots/ or softside hiking shoes with sturdy/new laces <input type="checkbox"/> 1 pair spare laces <input type="checkbox"/> 1 pair water shoes/sandals/sneakers <input type="checkbox"/> 6 pairs wool/polypropylene socks <input type="checkbox"/> 1 pair long trousers/sweat pants <input type="checkbox"/> 1 pair walking shorts <input type="checkbox"/> 2 T-shirts <input type="checkbox"/> 3 underwear <input type="checkbox"/> 1 long sleeve shirt <input type="checkbox"/> 1 wool sweater/fleece pullover/warm jacket <input type="checkbox"/> 1 poncho/rain suit (your choice) <input type="checkbox"/> 1 web belt <input type="checkbox"/> 1 swim suit 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 Scout knife (no sheath knives) <input type="checkbox"/> 1 compass (Silva or equivalent) <input type="checkbox"/> 1 Roll of toilet paper <input type="checkbox"/> 1 quart-sized ziplock bag for topographic map <input type="checkbox"/> Spare pack-to-frame (clevis) pins <input type="checkbox"/> ½ bar of soap in plastic bag (“Camp Suds”) <input type="checkbox"/> 1 toothbrush, tooth paste, and dental floss <input type="checkbox"/> 1 small towel <input type="checkbox"/> 2 plastic water bottle (1 quart each) <input type="checkbox"/> 1 spoon, deep plate and cup (Sierra cup ideal) <input type="checkbox"/> 1 small insect repellent (can be shared) <input type="checkbox"/> Sunscreen lotion (higher spf better) <input type="checkbox"/> COMPLETE CLASS A UNIFORM; include Scout socks and belt; worn for meals, church, and campfires at <i>base camp</i>. May be left in storage during week on the trail. <p>Optional Equipment</p> <ul style="list-style-type: none"> <input type="checkbox"/> Camera and film <input type="checkbox"/> Notebook and pen <input type="checkbox"/> Sunglasses <input type="checkbox"/> Binoculars <input type="checkbox"/> Handkerchiefs <input type="checkbox"/> Spice kit <input type="checkbox"/> Instant coffee/tea <input type="checkbox"/> Bandana <input type="checkbox"/> Binder Clips (2) <input type="checkbox"/> Hiking Stick <input type="checkbox"/> Camel Back –type water container <input type="checkbox"/> Day Pack
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