

403TO Sea Scouts Fall Weekend Kit list

Clothing

Avoid cotton as much as possible.

- uniform (incl. scarf, wear to camp)
- **waterproof jacket with hood**
- **waterproof pants**
- **rubber boots (or other waterproof footwear)**
- underwear
- long underwear (top and bottom)
- 2 t-shirts
- 2 pairs of hiking socks (wool preferred)
- long pants
- shorts
- belt (optional)
- lightweight long-sleeve sweater
- medium-weight sweater or fleece
- heavy-weight sweater or fleece
- shoes
- baseball cap, bucket hat, etc.
- warm hat/toque
- gloves/mitts
- pyjamas
- swim suit (optional)

Personal care

- reusable water bottle (minimum 1L)
- toothpaste
- toothbrush

- camp towel
- sunscreen and lip balm
- insect repellent (optional)
- hairbrush/comb

Other

- **backpack** (Not a suitcase or duffle! You must be able to carry it yourself for at least a kilometre)
- pack cover (optional)
- warm sleeping bag
- sleeping pad (or groundsheet and light blanket)
- headlamp and/or flashlight with extra batteries
- sturdy notebook and pen (optional)
- pocket knife (optional)
- whistle
- compass (optional)
- emergency kit (if you have one)
- Sunglasses (optional)
- Camera (optional; no camera phones)

Do Not Bring

- Phone
- electronic gadgets of any kind (e.g. Gameboys, PSPs, iPods)
- dishes or cutlery (they are part of our patrol cooksets)

If there is anything you cannot get in time for camp, or cannot afford, talk to a leader. We have a few extra packs, sleeping bags and sleeping pads we can lend.

You need *waterproof* jacket and pants. I cannot stress this enough.

A nylon shell is not waterproof. Living outside for a weekend in the rain is fine if you have waterproof gear, but it is horrible and can be dangerous if you do not. People who grow up in urban areas seem to have trouble grasping this reality. If it rains, we are still outside. We can advise you on the least expensive options if you wish, but effective raingear is crucial.